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**Commit to Quit**

Health Benefits of Smoking Cessation

**There are immediate and long-term health benefits of quitting for all smokers:**

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| Time since quitting | Beneficial health changes that take place |
| Within 20 minutes | Your heart rate and blood pressure drop |
| 12 hours | Carbon monoxide level in your blood drops to normal |
| 2-12 weeks | Your circulation improves and your lung function increases |
| 1-9 months | Coughing and shortness of breath decrease |
| 1 year | Your risk of coronary heart disease is about half of that of a smoker |
| 5 years | Your stroke risk is reduced to that of a non-smoker (5-15 years) |
| 10 years | Your risk of lung cancer falls to about half that of a smoker. Risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases. |
| 15 years | Your risk of coronary heart disease is that of a non-smoker’s |

Smoking Cessation Help

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| **Intervention (source)** | **Comparator** | **Increased changes of quitting successfully** |
| Group behavior therapy | Self-help programme | 98% |
| Telephone counselling | Without telephone counselling | 41% |
| Nicotine replacement therapy (NRT) | No NRT or placebo | 58% |
| Bupropin | Placebo | 94% |

Nicotine Replacement Therapy (NRT)

**Types of nicotine replacement therapy:**

|  |  |
| --- | --- |
| * Patch
* Nasal spray
* Lozenges
 | * Gum
* Inhalers
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**Nicotine Patches**

* The “patch” can help you deal with the **physical addiction**
* Nicotine is delivered through a small patch that you wear on your skin
* Many types and different strengths are available. Buy with or without a prescription.
* **Possible side effects include**: skin irritation (redness and itching), dizziness, sleep problems or unusual dreams, headaches, nausea, muscle aches and stiffness

**Nicotine Gum**



* A **fast-acting** form of nicotine replacement taken by chewing gum
* Recommended for 6 to 12 weeks, with the max. being 6 months.
* You can control the nicotine dose. Can be used as needed or on a fixed schedule.
* **Possible side effects include**: bad taste, throat irritation, mouth sores, nausea, jaw discomfort

*If you aren’t sure what method is best for you, talk to your doctor or pharmacist. Be sure to carefully read the package instructions before using any medication.*

Smokers’ Helpline

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| Help by Phone | Help by Phone1.877.513.5333 | Free and confidential one-on-one support |
| Online Quit Program | Online Quit Programsmokershelpline.ca | Tips, tools, and support. Online service is free 24/7. |

Resources: [www.who.int](http://www.who.int), [www.smokershelpline.ca](http://www.smokershelpline.ca)