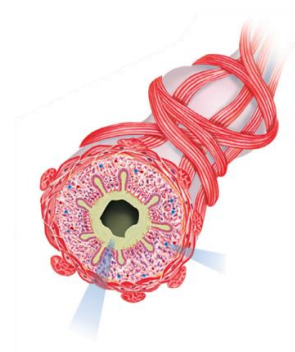


Living in a Smoke-Free Environment



Health Consequences of Smoking

- The smoke from a cigarette contains more than 7000 chemicals
 - Including 69 cancer agents
- These chemicals can cause heart and lung diseases and cancers
- The self-cleaning system of your airways is less effective
- Higher risk of respiratory infections



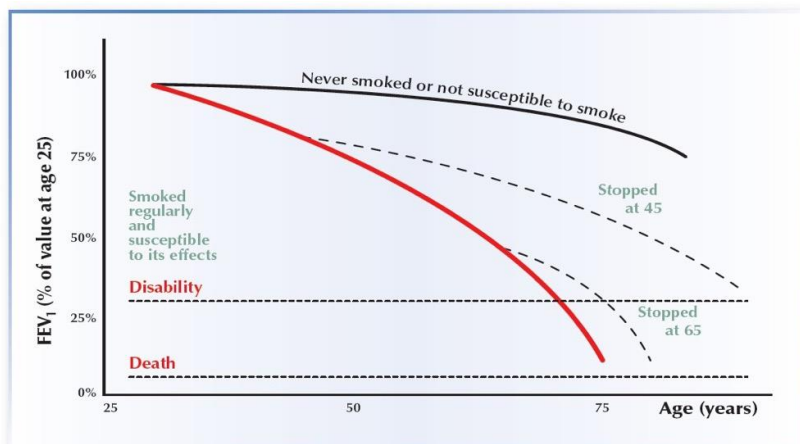
Health Consequences of Smoking

- Smoking is the main cause of COPD
- Contributes to other lung diseases
- COPD patients who smoke are more susceptible to have a faster decline of their lung function
- Symptoms include
 - Daily secretions
 - Frequent coughing & wheezing
 - Shortness of breath



Benefits of Quitting Smoking

The most important thing you can do to slow down the progression of your COPD is to stop smoking



It is never too late to stop smoking, whether you are 45, 65 or older

Fletcher C, Peto R, Br Med J 1977; 1: 1645-8

Quitting Suggestions - Medications

Using aids can double your chances of success

- By reducing cravings and withdrawal symptoms

Products to help you to stop smoking

- Nicotine replacement therapies
 - patches, gum, lozenges, inhalators & oral spray
- Non-nicotine treatments (tablets) are only available on prescription
 - Zyban[®] and Champix[®]

Quitting Suggestions - Support

You can increase your chances of success up to 3 times when you combine medication with counselling

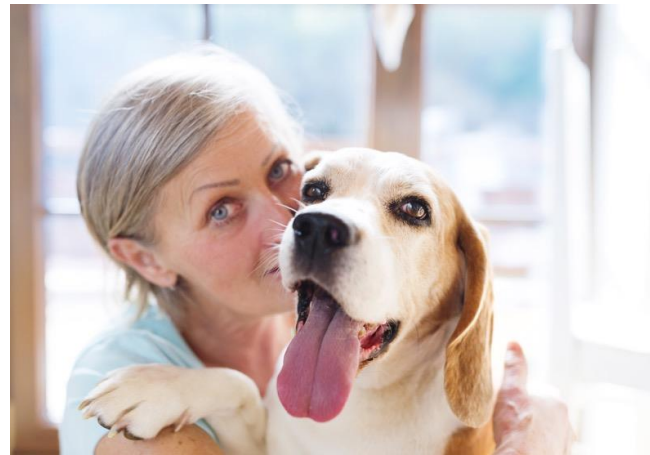
- Talk to your physician and pharmacist
- The Lung Association www.lung.ca
- Local support groups
- Quit kits
- Apps for your smart phone
- Family and friends



Quitting Suggestions – Plan in Advance

Plan in advance

- Experiment quitting
 - Smoke-free home and car
 - Break the associations that can lead you to crave a cigarette
 - Coffee, newspaper, phone
 - Smoking at specific moments
- Remove all smoking related items from your environment



Quitting Suggestions – Set a Date

Plan in advance

- Select a good time to stop
 - Ideally, a routine day
 - Avoid special events or days when you are feeling sick
- Use a calendar to record your progress
- Develop an Action Plan

Quitting Suggestions – Managing Cravings

- Delay
 - Cravings usually pass in 3-5 minutes
- Drink water
 - Try chewing gum
 - Initially with nicotine, then without
 - Eat a healthy snack
- Distract
 - Taking a walk can give you energy and take your mind off cigarettes
- Deep breathing
 - Can help you to relax and make cravings go away

Quitting Suggestions - Relapses

Deal with relapses

- Don't be too hard on yourself. On average, people try to stop between 5-6 times before succeeding.
- Think about what caused you to relapse and try to avoid this in the future.
- Do not let a relapse discourage you, start each new day as a non-smoker.
- Be positive - you can do it!
- Ask your physician or a healthcare professional specialized in smoking cessation for help

Summary

- Smoking is the number one most important thing that you can do to prevent your lung disease from progressing
- It is never too late to quit
- Using aids, medication and counselling improve your chances of success
- Remember it may take time, effort and will power to be successful



Reflection Activities



1. Write down the obstacles that are preventing you from quitting smoking.
2. Which of the strategies discussed today do you think would work best for you.
3. Discuss these points with your health care provider.