



Quit Smoking



Key Facts

Inuit have one of the highest smoking rates in Canada.

Tobacco

- Commercial tobacco is a killer

Nicotine

- Is addictive
- Makes your body want more

Smoking

- Makes your heart beat faster and harder
- Doesn't reduce stress
- Doesn't relax you
- Only stops nicotine withdrawal

Not smoking

- Be well and feel better
- Reduce risk of cancer and heart disease
- Protect family and friends from second-hand smoke

Tobacco smoke

- Contains 7,537 chemicals
- Over 70 of these are known to cause cancer
- Kills 16,000+ Ontarians a year

Steps to success—are you ready?

Quitting smoking is a journey. Everyone who quits progresses slowly from not being ready to quit, to thinking about it and then actually quitting. Every quit attempt is different—and it takes a smoker up to 30 attempts or more on average to finally quit. Remind yourself of the long journey and benefits of quitting for good.

Know your triggers

It might be coffee time, having a drink, meeting friends or driving. Plan your strategy for handling triggers.

Make it easier to succeed

You need to set yourself up for success. For example:

- Keep your hands busy with something else.
- Change your routines.
- Avoid certain places.
- Create distractions.
- Get active to distract yourself and help prevent weight gain.

Why do you smoke? Bust the myths!

Myth	The Truth
I'm not addicted.	Nicotine is addictive. Within seconds, it gives your brain a temporary high.
Cigarettes "relax" me.	Smoking only calms your stressful nicotine craving. It actually increases heart rate and blood pressure.
I am a social smoker.	Over time, your brain needs more nicotine to feel the same. You will smoke more.

Good reasons to quit

Inuit smoke significantly more than the non-Aboriginal population.

A good reason to quit is to be healthy for your children and grandchildren. Reducing the rates of smoking would greatly lower the risk of cancer and other diseases and help communities grow stronger.



Key Actions

Prepare

- Your body will experience the benefits of quitting smoking almost immediately
- Understand your triggers to smoke
- Substitute or avoid triggers

Get help

- NRT works
- So do prescription drugs such as varenicline and bupropion
- Lots of people quit on their own but NRT can increase your chance of success especially when combined with counselling

Just do it

Quit now!

- Eat well
- Drink lots of water
- Cut down on caffeine
- Exercise and keep active
- Reduce stress in your life

Practice makes perfect

- Don't beat yourself up if you start again
- Quit again and keep quitting
- Quitting works



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Help yourself. Get help quitting.

Nicotine replacement therapy (NRT)

NRT can double your chance of success when trying to quit. It reduces nicotine cravings and withdrawal symptoms.

- NRT includes patches, gum, lozenges, mouth spray or inhalers.
- No prescription is required.
- Questions? Ask the pharmacist at the drug store.
- Don't smoke if you are using NRT!
- NRT is free under private insurance or the Non-Insured Health Benefits Program for Inuit. Talk to your local public health unit or Aboriginal Health Access Centre, or call the Smokers' Helpline for help.

Drugs to stop smoking

- Varenicline (Champix®) and bupropion (Zyban®) help reduce nicotine cravings.
- They require a prescription from a doctor, pharmacist or nurse practitioner.
- They may be available free under the Ontario Drug Benefit plan or the Non-Insured Health Benefits Program for First Nations and Inuit.

You don't have to do it alone

Combining counselling AND medication can triple your chance of success.

- Talk to friends or family who have quit.
- Call Smokers Helpline at **1-877-513-5333** (or the number on cigarette packages).
- Join a quit-smoking group in person or online at smokershelpline.ca.
- Talk to your pharmacist, family doctor or nurse practitioner.
- Need help? Visit your public health unit (see your local phone book).

Quitting works. You will feel better.

- Within 20 minutes, your heart rate and blood pressure drop
- Within 12 hours, the carbon monoxide level in your blood drops to normal
- In 2 to 12 weeks, your circulation improves and your lung function increases
- In 1 to 9 months, coughing and shortness of breath decrease
- In 1 year, your risk of coronary heart disease is about half that of a smoker's
- In 5 to 10 years, your risk of some cancers decreases greatly
- In 5 to 15 years, your stroke risk is reduced to that of a non-smoker

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