

FACT:

37,000 Canadians die each year from commercial tobacco use.

FACT:

Smoking causes about 90% of deaths from lung cancer in men, and about 80% of deaths from lung cancer in women.

FACT:

Cigarettes contain over 70 ingredients known to cause cancer.

FACT:

The average smoker will lose 10 years of their life due to smoking.

FACT:

Second-hand smoke contains at least 69 cancer-causing chemical compounds.

QUITTING SMOKING CAN BE DIFFICULT. WE'RE HERE TO HELP.



Our goal is to create "tobacco-wise" communities that understand the health risks of smoking commercial tobacco.

SIGNS OF A TOBACCO-WISE COMMUNITY:

- You have smoke-free spaces available to you.
- There are policies on smoking in buildings, throat singing events, communal areas, etc.
- People refrain from smoking around children and other family and friends.

Tobacco Wise
www.tobaccowise.com

Smokers' Helpline
1-877-513-5333
www.smokershelpline.ca

National Native Addictions Partnership Foundation
1-866-763-4714
www.nnapf.ca

LOCAL CONTACT INFORMATION:

**BE WISE.
BE SMOKE
FREE.**

EDUCATE YOURSELF ABOUT THE DANGERS OF SMOKING COMMERCIAL TOBACCO.

TAKE THE STEP TOWARDS A HEALTHY FUTURE.

Reducing the smoking rate among Inuit communities would greatly reduce the risk of cancer and other diseases. It is important to focus on spirit and strengthening our Inuit community and culture, while decreasing our dependence on commercial tobacco.

Together, we can create a healthy, vibrant future we can all look forward to.

THE RATE OF SMOKING AMONG THE INUIT IS MORE THAN DOUBLE THAT OF NON-ABORIGINAL POPULATIONS.



RECLAIMING OUR HEALTH

Cancer patterns differ significantly between the Inuit population and the general Ontario population. Studies have shown that Inuit smoke much more than non-Aboriginal Ontarians. Cancer incidence is increasing in the Inuit population and cancer survival is worse than for other Ontarians.

But there is something we can do. Reducing the smoking rate alone would greatly reduce the risk of cancer and other diseases, and help our communities grow stronger.

SMOKING & CANCER

Why should you think about quitting? Because commercially prepared cigarettes (made with reconstituted tobacco), chewing tobacco and snuff are forms of tobacco that are very harmful to our health. Cigarette smoking is a direct cause of cancer. And not just cancer of the lung – it also causes cancer of the oral cavity, pharynx, larynx, esophagus, pancreas, kidney, bladder and cervix.



FACTS:

- Smokers are twice as likely to have a stroke as non-smokers.
- The death rate for lung cancer has tripled among women since 1970.
- Smoking increases the risk of oral cancer by three to four times.
- Every 2.5 hours a woman in Canada dies from smoking-induced lung cancer.

I WANT TO QUIT. HOW DO I START?

Quitting can be tough, and it may take more than one try. But don't give up! A healthier, happier life is worth the effort. Here are some tips to help you with your journey.



- **SET A QUIT DATE** · pick a day, and write it down or circle it on a calendar.
- **GET SUPPORT** · from family members, friends, or your local nurse or doctor.
- **CUT DOWN BEFORE YOU CUT OUT** · if you're not comfortable quitting cold turkey, just cut down by a few cigarettes a day. Keep cutting down gradually until you're at zero.
- **CREATE "SMOKE-FREE" ZONES** · telling yourself "I will not smoke in my car" or "I will not smoke on my front steps" can help change bad habits.
- **DON'T BE HARD ON YOURSELF** · if you slip up and have a cigarette, get back on your program the next day. Remember, every cigarette you don't smoke improves your health and saves you money.

NICOTINE REPLACEMENT THERAPY (NRT)

Quitting smoking can be difficult, but Nicotine Replacement Therapy (NRT) can help make the transition easier. NRT reduces the symptoms of nicotine withdrawal, and doubles the chances of successful quitting compared to not using any aid.

If you think NRT might help you quit, speak to your healthcare provider about your options.

THERE ARE SEVERAL WAYS OF INTRODUCING NRT:

- LOZENGES
- PATCHES
- GUMS
- INHALERS