# or tobacco-Wise ههه الا





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**Cancer Care Ontario** 



#### ֍⊳≻L°**Ե**∿Հշ Did you know?

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### Health benefits of quitting smoking

- C<sup>い</sup> σ 3 σ<sup>C</sup>: >ペハ ハレ σ<sup>い</sup> トレ マレン<sup>い</sup> ン<sup>b</sup>
   Within 3 months: Your lung function will be better
- **⊲٬ኣ͡ɟ♂ 1σ:** ┝ၬL∩ˤኌ∩ᢗˤᢑ᠖᠂ݸၬ⅃୭Ხ۶ႪϽ᠖ ⊲ℰъ⊲∿Ⴑჾ **In 1 year:** Your risk of heart disease is cut in half
- **ዻ٬ና፟፟፟**Jσ **5σ**: ৬৬/) CP ՟ ໑° ՟ (ノ⊲֊L৮୦) ۲<sup>b</sup> ໑° ՟ ⊲ <sup>c</sup> ⊂ () ՙﻧﺎ└┛<sup>b</sup> Ե۶<sup>b</sup> ۵<sup>b</sup> ໑Ճ՟ ຉ ໑<sup>b</sup> ບ <sup>c</sup> ๒ ՟ ๑, Δ<sup>c</sup> Ր໑<sup>c</sup> ໑, Δ<sup>c</sup> Ր໑<sup>b</sup> ໑<sup>c</sup> 𝔅 𝔅<sup>c</sup> 𝔅 𝔅<sup>c</sup> 𝔅 𝔅<sup>c</sup> 𝔅
- ዻ<sup>෦</sup>ሩ፟፟፟፟፟፝Jፚ 10ፚሩ: >ペ<sup></sup><sup></sup><sup></sup> ۵<sup></sup> After 10 years: Your risk for lung cancer drops by half

## ィ<sup>ւ</sup>しー⊲<sup>™</sup>Ͻ<sup>™</sup>CΔーLσ<sup>™</sup> ΔイL<sup>ル</sup>∖<sup>™</sup>イ⊳?∩<sup>⊂</sup> Reasons to be smoke-free

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Reducing the rates of smoking would greatly lower the risk of cancer and other diseases and help communities grow stronger. By thinking about some of the eight Traditional Inuit Qaujimajatuqangit (IQ) Principles, it could help you in your journey to be smoke-free:

- ΔωもႶჁናႶჃჼჾჼ: ΔϧΛͿϟϚႶჃჼჾჼ ΔϲჁϚႶჃჼჾჼჂ, ΛϚႶჃჼჾჼჂ ΔͽʹϧႶϚႶჾჾჼ.
   Inuuqatigiittiarniq: Respecting others, relationships and caring for other people.
- も」がうすず: Δイレ<sup>b</sup>、<sup>b</sup> イト<sup>5</sup> マ<sup>6</sup> トュン」 ダ<sup>b</sup> P<sup>6</sup> イー<sup>b</sup> マー Qanuqtuurniq: Being resourceful and persistent to solve problems, recognizing that we must constantly explore many different opportunities in order to find the best ways to move forward.

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- ・ イルーマ<sup>™</sup>ン<sup>™</sup>CΔーL⊃ Λ<sup>2</sup>γ<sup>2</sup>, Δ<sub>C</sub>Λ, Δ<sup>L</sup>⊃ Λ<sup>4</sup><sup>™</sup>L⊃ Λ<sup>4</sup><sup>™</sup>L⊃ Λ<sup>4</sup><sup>™</sup>L⊃ Λ<sup>4</sup><sup>™</sup>L⊃ Λ<sup>4</sup><sup>™</sup>L<sup>2</sup>
   Refrain from smoking around children, family, and friends.
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## Resources

#### Counselling

Some people find it helpful to meet with a quit-smoking counsellor or coach in person or by phone. Another option is joining a quit smoking group, in person or online.

Quit lines, such as Smokers' Helpline and Nunavut Smokers' Helpline, more than double the chance of quitting.

#### To find a quit-smoking counsellor or group in your community, call or visit the helplines below:

#### Ontario Smokers Helpline

www.smokershelpline.ca 1 877 513-5333 Text iQUIT to 123456

Nunavut Smokers Helpline www.nuquits.gov.nu.ca

1-866-3NU-QUIT

#### Healthcare Centres and Providers

Talk to your doctor or local public health unit to find out what services are available in your community.

#### Tungasuvvingat Inuit Support Services

For further information on TI projects or services, contact:

www.tungasuvvingatinuit.ca info@tungasuvvingatinuit.ca

#### Nicotine Replacement Therapy (NRT)

NRT reduces the symptoms of quitting, and doubles the chances of successful quitting compared to not using an aid. There are several ways of introducing NRT, including:

- Lozenges Inhalers Mouth
  - Patches
     Sprays

#### Non-Insured Health Benefits (NIHB)

Gums

Inuit are also eligible to receive up to three courses of NRT treatments in a 12-month period. The three courses include:

- Two 12-week courses of nicotine replacement therapy (e.g. patches).
- One 12-week course of treatment like gum, lozenges, and inhalers that are intended to be taken as needed.

## Aboriginal Tobacco Program

Contact your local Tobacco-Wise Lead to find out how we can support you and your community.

tobaccowise@cancercare.on.ca www.tobaccowise.com

## Inuit IT'S TIME Toolkit

To access this resource for healthcare professionals, please visit www.teachproject.ca and click Toolkits, and Toolkit for Inuit.





aboriginal tobacco program tobaccowise.com



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# **I want to quit.** How do I start?

Quitting smoking can be difficult.

Here are some tips to help you on your journey:

We're here to help!

Set a quit date

or circle in a calendar

you cut out

Pick a day, and write it down

If you're not comfortable guitting

few cigarettes a day. Keep cutting

cold turkey, just cut down by a

down until you're at zero

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## Health Representative or healthcare provider Cut down before Create

#### Create "smoke-free" zones

From Elders, family members,

friends, or your Community

Get support

Telling yourself "I will not smoke in my car" or "I will not smoke in my home" can really help

# Learn how to avoid tobacco by using the 4 Ds:

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## Delay

Cravings often go away within 3 to 5 minutes so try to wait it out

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## Drink water

Instead of reaching for tobacco, reach for a glass of cold water

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## Distract

Find something to keep your mind

and nands busy

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## Deep breathing

It can help you relax and push away the urge to smoke

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## A healthier, happier life is worth the effort!









**Cancer Care Ontario**