



Let Us Help

Smoking Cessation nights let you ask questions about quit options and learn what you can expect when quitting.

In an in-office appointment, a nurse can:

- Assess your readiness to quit
- Discuss quit aid options
- Assess environmental factors
- Prepare you for your quit date
- Help you make a support plan
- Help recognize coping strategies
- Help know triggers and challenges
- Review the role of exercise
- Relapse prevention counseling
- Help manage withdrawal symptoms

A nurse will follow up with you in 3 days, 14 days, 30 days and 3 months after your quit date to help you stay on track with your goals.

Fort William Family Health Team

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Withdrawal and Healing

Your body can heal itself. When you quit your body starts to heal almost right away.

Withdrawal symptoms mean you are getting better. They usually last less than 10 weeks.

Symptoms can include: bad temper, cravings, frustration, shakiness, trouble concentrating, dizziness, fatigue, appetite changes and headaches.

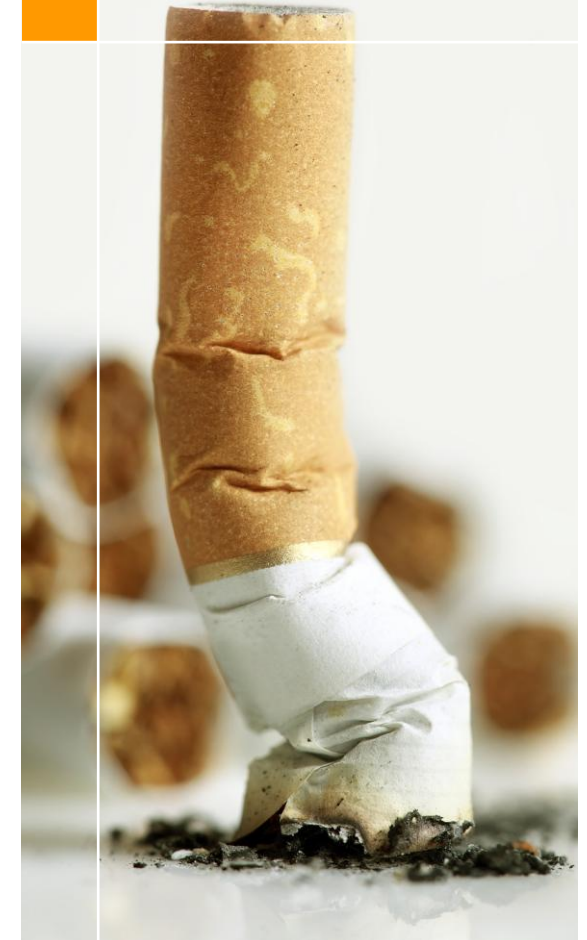
Nicotine Replacement Therapy works when used right. It is suggested by Health Canada for many smokers who want to quit. It helps you deal with your withdrawal symptoms and lets you to focus on changing your habits.

References:

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Queen's University (2007). *Smoking Treatment Options Program* [Brochure].
Thunder Bay District Health Unit. (2007). *Invisible Reality* [Brochure].
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Ready to Quit?

We can help you get started



Did you know?

- 35,000-48,000 Canadians die from smoking each year
- Tobacco smoke has nicotine and over 4000 other chemicals, 40 of which are very toxic and cause cancer
- 1 pack/day smoker spends \$2500 a year on cigarettes
- The chance of quitting for good can increase from 3% to 20% with the help of a health professional
- Thinking of yourself as a non-smoker is one of the keys to becoming a non-smoker.



Quitting isn't one big challenge – it is a series of small ones

Dangers of smoking:

- Stroke
- Cancer of the throat, stomach, pancreas, bladder, kidney and lungs
- Lung disease
- Heart attack
- Stomach Ulcers
- Hardened blood vessels

Types of Quit Aids:

- Nicotine Replacement: Gum, Patch, Lozenge, Inhaler
- Medications: Champix, Zyban

Health Benefits of Quitting:

- 20 minutes: heart rate decreases
- 12 hours: carbon monoxide blood levels normalize
- 2 weeks to 3 months: circulation improves
- 1 to 9 months: coughing and shortness of breath decrease
- 1 year: risk of heart disease is reduced by 20-50%
- 5 to 15 years: risk of stroke similar to a non-smoker's
- 10 years: risk of lung cancer and other cancers decrease
- 15 years: risk of dying is equal to a non-smoker becomes similar to non-smokers

