



SELF HELP TIPS
for
TOBACCO CESSATION

Developed under the WHO-Government of India Programme
Establishment of Tobacco Cessation Clinics 2004

WHAT'S IN THE SMOKE...

Carbon Monoxide : A poisonous gas emitted from automobiles that replaces oxygen in the blood.

Ammonia : Used in fertilizers, explosives and cleaning fluids.

Formaldehyde : A poison used to preserve dead animals.

Nicotine : A deadly poison and an addictive drug.

Cyanide : Poisonous gas used in gas chambers.

Tar : Sticky black glop used to make roads.

Arsenic : A poison used to kill weeds and insects.



EFFECTS OF TOBACCO ON HEALTH ...

Tobacco has numerous poisonous substances like Nicotine, Carbon monoxide and tar which lead to

- Cancer : mouth, throat, maxilla, lungs, esophagus, stomach

And Affects...

- Brain : stroke, psychological problems
- Lungs : asthma, chronic bronchitis, TB
- Heart : high BP, heart attack, coronary artery disease, gangrene of limbs

Other than these, tobacco use can lead to impotence, miscarriage, low birth weight, increased aging, staining of teeth, and bad odour.



Passive Smoking :

Roughly one fourth of whatever harmful effects smoking does to smokers is what it does to passive smokers. The second hand smoke can cause and aggravate asthma, other breathing problems. The chemicals in the second hand smoke poison the heart muscle, interfere with the ability of blood vessels to adjust themselves, to control BP and flow, increase the build up blockages of blood vessels (leading to heart attack)



BENEFITS OF QUITTING TOBACCO ...

Its never too late to quit tobacco addiction. No matter how long its been since you have been using tobacco BUT the body repairs much of the damage when you give up tobacco. Your circulation will improve and your lungs will begin to repair themselves.

In 5 years, lung cancer death risk decreases by about 50% and in 10 years the risk drops to the level of a non-smoker.

Smoking Cessation decreases the risk of heart attack, stroke and chronic lung diseases.....!

If you are pregnant quitting smoking / chewing will improve your chances of having a healthy baby.

Collect the money saved from each pack of cigarette or paan masala. You can buy a gift for your family with all that money.

**SO YOU CAN STOP HARMING YOURSELF AND THOSE
YOU LOVE. ...AND WHAT'S MORE, YOU
CAN SAVE ALL THAT MONEY !!!!!**



SIMPLE TIPS FOR QUITTING ...

Review your tobacco use. Talk to your family & friends about your tobacco use.
THINK....

> "Whom do they dislike..... Me or my addiction !?"

1.

Accept that it is a problem.
"Do you know that you are damaging your body ?"

2.

Don't be overconfident about quitting.
DON'T THINK....
"Though tobacco is a problem, But I can leave it any time."

3.

Decide to quit.
THINK....
"What can I do"

4.

Accept the need for external help. (Friends/ Family/ Colleagues)
THINK....
"Who can help me in quitting tobacco?"

5.

Don't postpone. Set a target date to quit.
DECIDE....
"I'll leave it on ___ day"

6.



FIRST FEW STEPS OF QUITTING ...

To Reduce Quantity

- Change to non preferred brand.
- Buy less cigarette/ sachet at a time rather than piling the stock.
- Keep a record of the amount and frequency of tobacco used.
- Decrease the number of puffs when smoking
- Leave large stubs
- Don't inhale deeply

To deal with triggers

- If you have an extraordinary urge to take tobacco - Try alternatives (chewing gum, toffee, peppermint).
- Increase your water intake.
- Take small sips of water when the urge to smoke/ chew is high.
- Deep breathing can calm you and help you cope with the urge to use tobacco
- Do something else when you feel the urge to smoke / chew tobacco. This will help you keep your mind off tobacco.
- Delay the act, count till 100 and think of pleasant situations and thoughts
- Substitute stimulus associated with tobacco i.e tea can be replaced by milk or juice.
- Remove ashtrays or lighters from your house or workplace.



ONCE YOU QUIT ...



- Learn to say no to tobacco offers from others.
- Don't take even one puff.
- Try to remain in smoke free areas.
- Avoid company of smokers /chewers
- Make a group of people who have quit tobacco.
- Try alternative ways to deal with stresses

Like— Relaxation, Deep Breathing, Listening to music

Exercises, Taking a walk, Talking to someone over telephone

- Remember there can be some withdrawal symptoms when you quit

Like--- Headache, Irritability, Lack of concentration etc.

BUT— these are temporary and will disappear in a few days.

- Even if you fail in your attempt -
 - Don't get disheartened ... TRY AGAIN
 - Seek help of those who have quit tobacco.
 - Seek professional help and medical advice.

WHY SHOULD YOU QUIT

- Nearly 40% of people detected with cancer in India are due to tobacco use.
- Cigarette smoking is associated with over 8,00,000 deaths in India every year.
- Tobacco usage causes over 1.6 lakh new oral cancer cases, 45 lakh cardio-vascular disease cases and 39 lakh cases of chronic obstructive pulmonary disease every year in India.

**DO YOU WANT TO BE ONE AMONG THEM ?
MAKE THE RIGHT CHOICE.**

*For more details and to get professional / medical advice
contact :*

Tobacco Cessation Clinics



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