

TOBACCO CESSATION CENTRE

HOLD OUR HAND TO QUIT TOBACCO HABIT SIMPLE SELF HELP TIPS FOR QUITTING

- ☞ *Decide* to quit.
- ☞ Prepare yourself for quitting (Physically/Mentally/socially).
- ☞ Set a target *date* to quit. (Do not postpone).
- ☞ Learn to say **NO** to tobacco offers from others.
- ☞ Give up / *reduce* contact with regular *tobacco users*.
- ☞ *Increase* contact with *nonusers* of tobacco.
- ☞ If you fail to stop using tobacco completely keep *a record* of the amount, *frequency of tobacco* used and money spent and seek the help of a health professional.
- ☞ If you are in the habit of smoking tobacco.
 - *Reduce the number of puffs taken from each cigarette/bidi*
 - *Leave a larger stub*
- ☞ If you are in the habit of chewing tobacco
 - *Reduce the quantity of tobacco for every use*
 - Reduce the time of retaining tobacco in the mouth
- ☞ If you have an excess urge to take tobacco, TRY ALTERNATIVES (chewing gum, toffee, peppermint, cardamon, clove).
- ☞ If you fail in your attempt to quit, don't get disheartened but accept the need for external support (Friends/family/professional).
- ☞ Remember long term support is recommended otherwise it is possible that tobacco use may get restarted.

** For Free Treatment Contact :*

TOBACCO CESSATION CENTRE

BHAGWAN MAHAVEER CANCER HOSPITAL AND RESEARCH CENTRE

(Managed by K.G. Kothari Memorial Trust)

J.L.N. Marg, Jaipur 302 017, Phone : 0141-2700107, 2702106

Also at

Rajasthan University Campus, Ayurveda Health Centre

(Monday & Thursday)

SUGGESTIONS TO COPE WITH YOUR TRIGGERS

<i>Talking on Phone</i>	<i>Hold a straw / pencil</i>
<i>Driving</i>	<i>Chew sugarless gum</i>
<i>Being in company of smokers</i>	<i>Spend time with non-smokers</i>
<i>Feeling tense or stressed</i>	<i>Exercise, relax, take deep breaths and Exhale, Call a friend.</i>
<i>Waking up in the morning</i>	<i>Drink a glass of water as first thing in the morning. Change order of your activities go for a walk.</i>
<i>On work</i>	<i>Place a list of reasons for quitting on desk. Keep supply of chewing gum, aniseeds (somph), elaichi.</i>
<i>After 'meals'</i>	<i>Do not linger at table. Brush teeth immediately Get up and go for a walk</i>
<i>While relaxing</i>	<i>Keep your hands occupied with a puzzle. Keep supply of fresh vegetable slices.</i>
<i>When alone</i>	<i>Plan series of short activities which involve your hand. Do small household chores. Write letters or listen to music.</i>
<i>While Waiting</i>	<i>Keep supply of low calorie foods. Listen to music. Keep alternatives chewing gum, elaichi somph.</i>

BENEFITS OF QUITTING

<u>WITHIN</u>	<u>THAT'S WHAT HAPPENS</u>
<i>20 minutes</i>	<i>Blood pressure, pulse rate and body temperature returns to normal</i>
<i>8 hours</i>	<i>The carbon monoxide level in blood drops to normal and oxygen level increases to normal.</i>
<i>24 hours</i>	<i>Your chances of heart attack decreases</i>
<i>48 hours</i>	<i>Nerve endings start re-growing, ability to smell and taste is enhanced.</i>
<i>72 hours</i>	<i>Bronchial tubes relax, lung capacity increases, breathing becomes easier</i>
<i>2 weeks to 3 months</i>	<i>Circulation improves, walking is easier</i>
<i>1-9 months</i>	<i>Ability to clear lungs improves. Chance of lung infection decreases, coughing, fatigue and shortness of breath decreases and body's energy level improves.</i>
<i>1 year</i>	<i>Chance of getting heart attack decreases by 50%.</i>
<i>5 years</i>	<i>Chance of developing stroke decreases.</i>
<i>10 years</i>	<i>Cancer death risk decreases by about 50%.</i>
<i>15 years</i>	<i>Risk of developing disease drops to the level of non-smoker.</i>