

SMART STEPS

towards a

tobacco-free life



quitnow.ca



BC LUNG
FOUNDATION



Ready to Put Smoking or Vaping

Behind You?

Congratulations on deciding to quit! Quitting tobacco and nicotine may not be easy, but good resources, tips and a support network can help you take the smart steps to success.

This booklet provides useful information on:

- the benefits of quitting
- understanding why you smoke or vape
- how to deal with cravings
- calculating the money you will save
- how a good support network can help
- stop smoking medications

BC's program to help you quit or reduce the use of tobacco and vaping products

QuitNow can provide you with the support you need to be successful in your quit attempt.

Our program will help you explore your motivations to quit smoking or vaping, identify your strengths and supports, and learn how to handle situations that could trigger you to smoke or vape.

Create a Quit Plan

Your Quit Plan gives you access to numerous free support services. Visit quitnow.ca/join to get started!



For information and help with quitting call a Quit Coach at 1.877.455.2233 or Live Chat www.quitnow.ca/chat



To receive support via text message, register for our free 3 month mobile messaging service that offers tips, information, and support to help you on your quit journey www.quitnow.ca/texttips



To access our online community, visit the Community Forum at www.quitnow.ca/forum

Benefits of Quitting Smoking

It's never too late to quit smoking! From the moment you quit your health will begin to improve. See how you will benefit:

Within 8 Hours:

- oxygen level goes back to normal
- carbon monoxide level drops

Within 48 Hours:

- chances of having a heart attack start to decrease
- taste and smell start improving

Within 72 Hours:

- breathing will get easier as your airways relax
- lung capacity begins to increase

2 Weeks to 3 Months:

- circulation improves and exercising becomes easier
- lung capacity can increase by as much as 30%

Within 6 Months:

- reductions in coughing, sinus congestion, tiredness, shortness of breath and colds

Within 1 year:

- 50% less likely to have a heart attack caused by smoking

Within 10 Years:

- risk of dying from lung cancer will decrease by half

Within 15 Years:

- risk of dying from a heart attack is the same as a person who has never smoked



What Could You Buy with the Money You Currently Spend on Smoking or Vaping?

Do you know how much money you spend on cigarettes or e-cigarettes? Use the chart on the next page to figure out what you could buy if you did not buy any for the next 10 years.

In the second column, start by entering the amount

you spend on tobacco/e-cigarettes per day and then calculate how much that adds up to as time goes by. You can use our cost calculator at quitnow.ca/cost to help.

For example, if you smoke 1 pack of cigarettes per day and each pack is \$15, in one day you would save \$15, in 1 week you would save \$105 ($\15×7) and in 1 month (4 weeks) you would save \$420 ($\105×4 weeks).

Time	\$ Spent	What could you buy?
1 day		
1 week		
2 weeks		
1 month		
6 months		
1 year		
2 years		
5 years		
10 years		

Preparing to Quit: Activities to

Help You

Understanding your Nicotine Use: About the Tally Sheet

Understanding your smoking or vaping behaviour can be helpful when you're quitting. Keeping track of your daily use is a great way to do this. By recording when, where, why and with whom you smoke or vape, you will notice patterns in your behaviour. Once you have this understanding you can take steps to change these patterns, one at a time.

Every time you smoke or vape, write down the details. At the end of the day evaluate your Tally Sheet. Take three different colour highlighters and color code each of the following three time frames a different color:

- Less than 1/2 hour between cigarettes or vape sessions
- 1/2 to 1 hour between cigarettes or vape sessions
- Over 1 hour between cigarettes or vape session

Time & Date	Cig/vape session #	Craving level from 1-3	Mood (ie: sad, happy)	Activity (what you are doing, who you are with)

What did you learn? When do you smoke or vape the most, and the least? What can you do to change these patterns?

The Benefits and Costs of Tobacco and Nicotine Use

The Benefits of Tobacco Use	The Costs of Tobacco Use
Helps me feel relaxed (example only)	I have to go outside in the cold to smoke (example only)
The Benefits of Quitting	The Costs of Quitting
I will save lots of money (example only)	I will have to avoid my friends who smoke (example only)



Control Your Cravings: Use the 4 Ds

As you start to cut down on your tobacco/nicotine use, here are four simple things to remember when your cravings hit:



Delay – Don't smoke when you feel the urge, wait five minutes and the craving will pass.



Deep Breathing – Inhale through your nose and hold it for a count of five. Slowly breathe out through your mouth for a count of seven.



Distract – Keep your hands and mind busy. Do something which makes it difficult to smoke (like having a shower or exercising).



Drink Water – Drink a glass of water, slowly. Hold each sip in your mouth for a few seconds.

Tip: If you would like extra support dealing with cravings, consult your pharmacist or other health care provider and go to www.quitnow.ca

Dealing with Cravings: Knowing Your Triggers

There are behaviours, feelings and situations that will trigger your urge to use tobacco/nicotine. Being aware of your triggers can be useful for dealing with or avoiding these situations.

Tips for Keeping Track

Use the chart below to help you identify your triggers. Once you have identified a trigger, write down a plan for what you can do differently the next time the situation occurs.

Triggers: Behaviours, Actions, Thoughts or Emotions	Plan for Avoiding or Substituting
E.g. After I eat a meal	E.g. I'll go for a walk after eating

Tip: Toss triggers such as cigarettes, vape pods, and lighters.

Slips and Relapses

Slips and relapses are extremely common. Recent studies suggest that it may take an average of 30 attempts to quit smoking for good. Instead of beating yourself up, think of setbacks as an opportunity to learn from mistakes and move forward.

How to move forward

Acknowledge. Take your slip seriously, but know you are capable of getting back on track.

Reflect. Think about what caused your slip and what you might do differently next time. Is there a particular trigger (situation, place, or person) that made you want to smoke or vape?

Plan. Now that you've experienced a slip, think about how you will confront the next slip. Is there another strategy you could use to cope with your craving?

Try again. Get back on track as soon as you feel ready.



Managing Setbacks:

Setbacks are not a failure, but rather an opportunity to learn. The more you learn, the better your chances of success. The effort is worth it. Visit www.quitnow.ca for more strategies and tips.

Other Tips

Avoid alcohol. Alcohol is a double threat. It triggers cravings while reducing self-control. Many people stay away from alcohol for the first few weeks or months until they feel strong enough to resist the urge to smoke.

Have a Quit Buddy. Having a quit buddy can help you stay on track. Do you have a friend who also wants to quit smoking or vaping? Ask them to quit with you - your chances of success are much better together!

When I have:	I will
quit for 1 week	
quit for 1 month	
quit for 6 months	
quit for 1 year	

Celebrate milestones.

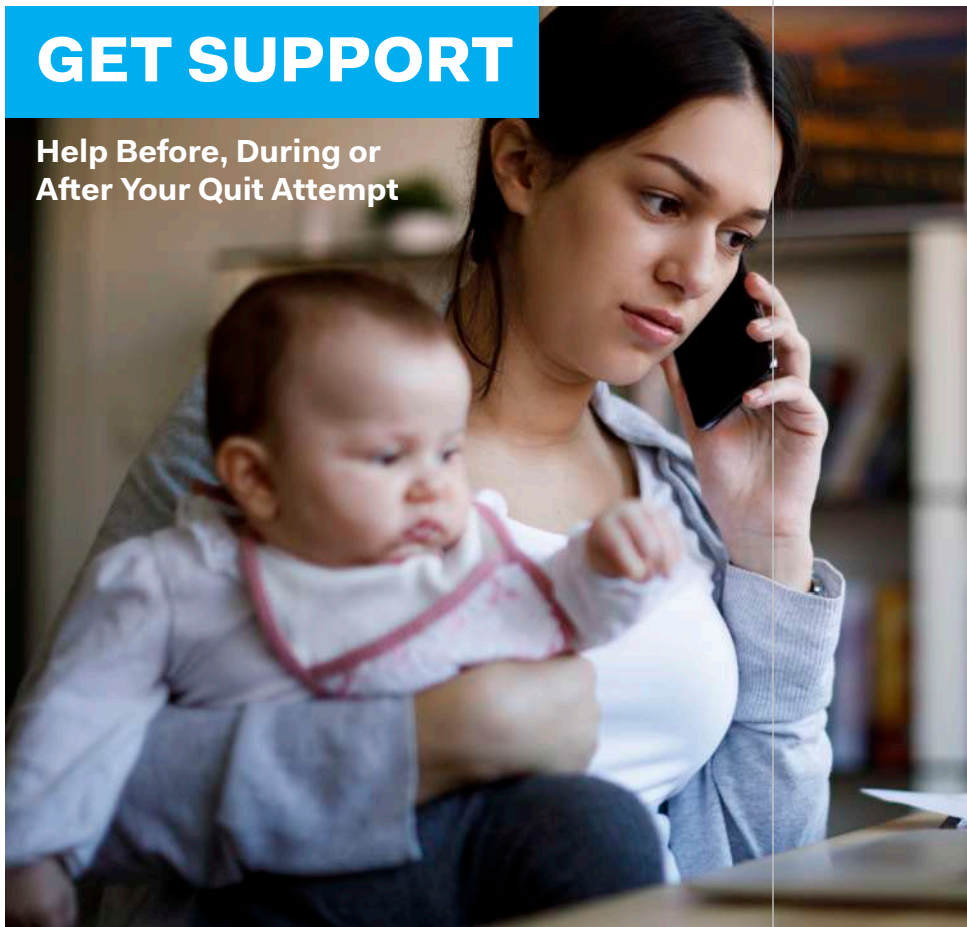
Quitting smoking is a big achievement! Celebrate each month you stay smoke or vape free with your friends and family or reward yourself using some of the money you have been saving.

Activity: How will you celebrate milestones?

Write down the ways that you'll celebrate each milestone. Celebrations don't have to be huge — they could include having your favourite treat, celebrating with a friend, or buying yourself something special.

GET SUPPORT

Help Before, During or
After Your Quit Attempt



Counselling

Studies have shown that combining medications with counselling can double your chances of success in quitting for good.

Where to get counselling?

QuitNow provides free counselling by phone, live chat, and text.

How to get started with QuitNow counselling:

- Call 1-877-455 2233 (toll free)
- Go to www.quitnow.ca

After signing up with QuitNow, you will be set up with a Quit Coach who will help you make a plan, answer questions, and walk you through the whole process.



Coaching:

Professional Quit Coaches are here to help you every step of the way by phone, live chat or text message. Visit www.quitnow.ca/coach

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Get Support from Family & Friends

Quitting is easier when you have friends and family to support you. Tell your loved ones that you are quitting and ask for their support. Ask those supporting you to be patient, encouraging, and to help you celebrate successes.

Visit the Community Forum to reach out for support from others on the same journey as you:

www.quitnow.ca/forum

Tip: Set a quit date and tell your family, friends and co-workers so that they can support you.

Medication Options for Support

Take Steps to Understand the Most Effective Option for You

Nicotine Replacement Therapy (NRT) is recommended by Health Canada for those looking to quit tobacco. NRT is effective when used properly and with behavioural counselling.

NRT helps you deal with your withdrawal symptoms and allows you to focus on changing your behaviour. Once you have become used to life without smoking or vaping, you can then gradually reduce your NRT dosage until you no longer need it.

Nicotine patches, gum, or lozenges are available through the BC Smoking Cessation Program. Visit your local pharmacy for more information.



Important Information

Nicotine Replacement Therapy (NRT) is an over-the-counter medication and does not require a prescription. Please speak with your pharmacist or health care provider before using NRT if any of the following apply to you:

- Pregnant or breastfeeding
- Being treated for any serious heart condition
- Heart attack or stroke within last 2 weeks
- Require kidney dialysis
- Use any prescribed medications regularly
- Less than 15 years of age
- Thyroid, liver or stomach problems
- Circulation problems
- Lung problems

WARNING: Stop using immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.



Tip: Keep gum and lozenges tucked away in several locations so that you always have some close at hand if you have a craving.



Possible Side Effects:

May cause local skin reactions, headaches, sleep problems and abnormal dreams, cold and flu-like symptoms and dizziness.

WARNING: Stop using the patch immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.

The Nicotine Patch

(Covered under the BC Smoking Cessation Program)

- Useful for those who smoke heavily and who need a steady release of nicotine
- Dosing should be individualized depending on your needs
- The Nicoderm patch should be applied and left on a clean, dry area of skin for 24 hours per day. Other patch products may be different
- Apply the patch to a different skin site everyday

Note: If you are still experiencing cravings you can use nicotine gum or lozenge together with the patch to make you feel more comfortable. The combination of products is not covered by the BC Smoking Cessation Program.



- Nicotine gum slowly releases nicotine through the lining inside the mouth. The nicotine reaches the brain faster than with the nicotine patch. It takes 15-30 minutes for the gum to start working
- Can be used to reduce-to-quit, replacing cigarettes with gum

Possible Side Effects:

- nausea and stomach upset
- mouth, throat or gum irritation
- jaw ache
- hiccups
- headache

WARNING: Stop using gum immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.

NICORETTE® Nicotine Gum

(Covered under the BC Smoking Cessation Program)

- Good for those who smoke occasionally who just want to manage occasional cravings or stress
- **Not like normal gum.** You must use the correct technique for it to be effective and to avoid side effects – **bite twice and then park the gum against your cheek** for one minute and repeat for 30 minutes



NICORETTE® Nicotine Lozenge

(Covered under the BC Smoking Cessation Program)

- May be a good choice for those who don't want a steady dosage of nicotine but would like support to deal with cravings
- Useful if you have dentures or are missing teeth
- Is like a hard candy which releases nicotine as it dissolves in the mouth. Like the nicotine gum and the inhaler, the lozenge delivers

nicotine to the brain through the lining of the mouth

- Can be used to reduce-to-quit, replacing cigarettes with a lozenge
- Don't bite, swallow or chew

Possible Side Effects:

Some lozenge users experience mouth, throat or tongue irritation, nausea and stomach upset, hiccups, headache and taste change

WARNING: Stop using lozenge immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.

Prescription Medications for Tobacco Cessation:

Other aids for people who wish to stop using tobacco are prescription medications. These medications do not contain nicotine, but affect the brain in various ways to make giving up tobacco more comfortable.

Examples of these medications include:

- bupropion (Zyban®)
- varenicline (Champix®)

These medications require a prescription. It is advisable that you discuss your medical history with your physician prior to using these medications. You may be eligible for reimbursement for some costs of bupropion (Zyban®) or generic varenicline through the BC Smoking Cessation Program. For more information check with PharmaCare at 1.800.663.7100.



Questions?

If you have questions about these quit aids (NRT or prescription medications), reach out to a Quit Coach. They can help you decide which option is best for you.

Speak with a Quit Coach by:

- Phone 1-877-455-2233
- Live Chat
www.quitnow.ca/chat

A note about vaping:

NRT may help in your journey to quit vaping, but at this time, NRT is not covered by the BC Smoking Cessation Program for vaping cessation.

The prescription medications (varenicline and bupropion) are not currently recommended for vaping cessation.

Notes

Support Can Make All the Difference!


For Help with Quitting Call or Click:

1.877.455.2233
www.quitnow.ca

The British Columbia Lung Foundation is thankful for the generous contribution of the Canadian Cancer Society and the Fraser Health Authority in the development of this brochure.



**A tobacco and nicotine-free
life is in your hands.**

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