

Educational Links (English):

- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/smokingandmentalhealth.aspx>
- ❖ http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/
- ❖ <https://medlineplus.gov/quittingsmoking.html>
- ❖ <http://www.apa.org/monitor/2013/06/smoking.aspx>
- ❖ <https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Smoking-Fact-Sheets2/Mental%20Illness%20and%20Smoking%20Fact%20Sheet%20for%20Healthcare%20Providers.pdf>
- ❖ <http://www.health.nsw.gov.au/tobacco/Publications/tool-14-medication-intera.pdf>

Support Group:

- ❖ <https://smokefree.gov/>

Lumos Psychiatric Services



Educational Booklet: Smoking Cessation

The decision to quit smoking can be very difficult, but with the help of this brochure and the support of your family and friends, you can do it!

Half the people who've ever smoked have left him. So you can too.

Why is cigarettes harmful to your health?

A cigarette contains about 4,000 chemicals, and at least 43 of the chemicals cause cancer in humans. Some toxics are:

- ❖ **Nicotine:** a deadly, highly addictive poison
- ❖ **Carbon Monoxide:** It's in the car's toxic waste
- ❖ **Arsenic:** used in rat poison
- ❖ **Methanol:** a component of rocket gasoline
- ❖ **Ammonia:** found in floor cleaning solution
- ❖ **Cadmium:** used in batteries
- ❖ **Butane:** lighter fluid
- ❖ **Hydrogen cyanide:** poison used in gas chambers

Every time you inhale smoke from a cigarette, small amounts of these chemicals go into your blood through your lungs. They travel to all parts of their body and displace oxygen from their body leaving less oxygen to their muscles, heart and brain. Shortly after quitting smoking, circulation begins to improve, and blood pressure returns to normal.

Smoking is the most common cause of death that can be prevented.

About half of people who don't quit will die from smoking or problems related to cigarette use.



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How does cigarette affect your body?

Cigarettes increase the risk of:

- ❖ **Heart attacks:** Makes your heart work faster and causes a blockage of your heart's arteries.
- ❖ **Stroke:** Blocks the arteries in the brain.
- ❖ **Tooth stains:** Causes stains, cavities and gum problems that can cause tooth loss.
- ❖ **Lung emphysema:** causes lung diseases, such as chronic bronchitis, emphysema, and cancer.
- ❖ **Stomach ulcers:** makes digestion more difficult, which causes stomach ulcers and heartburn.
- ❖ **Osteoporosis or fragile bones:** makes the body not use calcium well. This increases the risk of osteoporosis, which predisposes to fractures, particularly in women.
- ❖ **Problems during pregnancy: Smoking during pregnancy increases the baby's** risk of being born with health problems, low weight, growth problems, and poor intellectual development.
- ❖ **Cancer: increases the risk of different types of cancer, such** as lung, mouth, throat, esophagus, stomach, pancreas, liver, uterus, urinary tract and leukemia.
- ❖ **Impotence:** Cigarette is one of the three most common causes of impotence in men, as it causes blockage of the arteries.
- ❖ **Mood changes:** for example, anxiety or depression.

Good reasons to quit smoking:

- ❖ It will improve your health immediately, for example: you will breathe better, feel more energy and have fewer colds and fewer coughs.
- ❖ It will improve your physical appearance, for example: it will eliminate your bad breath.
- ❖ It will reduce your chance of having a heart attack, embolism or cancer.
- ❖ People who live with you, especially children, will be healthier and set a good example.
- ❖ If you are pregnant, quitting will increase your chance of having a healthy baby.
- ❖ You will have additional money to save or spend on other things.
- ❖ He'll live longer and live better.

How will I feel when I'm quitting smoking?

If you are a regular smoker, your body has become accustomed to nicotine. You may feel withdrawal or withdrawal symptoms when you are quitting smoking. You may feel anxious, frustrated, moody, depressed, irritable, or nervous. In several weeks, nicotine anxiety will go away and you will feel more normal. Your doctor can help you in the process of quitting smoking.

What can I do to keep smoking again?

The hardest part of quitting is breaking with the habits that accompany it.

- ❖ Discard all your cigarettes, lighters and ashtrays.
- ❖ Avoid places and situations where you normally smoke.
- ❖ Spend a few days or weeks away from your friends who smoke.
- ❖ Go with your friends/family to non-smoking places.
- ❖ Avoid drinking alcohol, as drinking will increase your chances of smoking a cigarette.
- ❖ Tell your family and friends you are quitting. Ask him not to be disturbed or mocked. Ask him to support you, not smoking near you and not offering you cigarettes.
- ❖ Exercise. This will make your mind distracted, make you feel better, and keep you healthy.
- ❖ Plan activities that keep your mind away from the cigar. It will be easier to quit if you keep busy.
- ❖ Eat carrots, celery, sugar-free gum and healthy foods you can bite instead of smoking.
- ❖ Consider joining support groups in your community.
- ❖ Talk to your doctor about methods to replace nicotine. Nicotine gum, snaps and some new medications can help you quit smoking.

**Millions of personas have stopped smoking.
Quitting smoking is possible and you can get it!
Quitting smoking will make you feel better and feel
better and keep you healthy. Good luck!**

**For questions or concerns, discuss it with your
doctor.**