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Cesser de fumer - Information au public

Quit smoking

The Will the Power... to Quit Smoking ([english version](#))

You most likely learned to smoke when you were young. You didn't really like your first few cigarettes, but then found you were smoking every day. Today, it is a normal part of your life.

To quit smoking, you have to learn to live without cigarettes. This usually happens in stages:

- At first, you tell yourself you have to quit, but not right away.
- Then, you are certain: you really want to stop in the next few weeks, and you start to prepare for it.
- Finally, you do quit, and try hard not to restart.

**Here is some advice that will help you,
depending on the stage you are at.**

Want to quit smoking?



[Not right
away](#)



[I'm getting
ready](#)



[Today's the
day](#)



[I'm taking it
day by day](#)



**Consult your doctor to obtain the brochure
included in a pack «excellent for your health»**

Source : Lacroix Chantal, M.D., Tremblay Michèle, M.D., Gervais André, M.D., The Will the Power ... to Quit Smoking. Direction de la santé publique. Régie régionale de la santé et des services sociaux de Montréal-Centre. 2000, 26 p. ISBN : 2-89494-231-1.

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The Will the Power... to Quit Smoking. Not right away ([version française](#))



Not right away



[I'm getting ready](#)



[Today's the day](#)



[I'm taking it day by day](#)

Even if you aren't thinking of stopping smoking soon, continue reading this booklet and learn more about cigarettes and yourself!

"All the fuss about smoking and health never really bothered me but, the other day, one of my friends said that smoking could make you impotent ... Now, that bothers me!"

John B. age 45

Smoking affects your body

When you smoke, you breathe in thousands of chemicals, which get into your bloodstream.



Some of them have a pleasant effect. Nicotine, for example, helps you feel good, relax, concentrate better, and control your weight.

On the other hand, it also makes you dependent on smoking. Because of this, a good number of people continue smoking against their will.

Many of the products you inhale are harmful.
They increase your risk of:

- Lung, mouth or other types of cancer -
- Chronic bronchitis, emphysema
- Heart disease
- Fertility problems
- Complications during pregnancy, etc.



Smoking may cut 15 years off your life

Cigarette smoke affects those around you



With adults, it increases the risk of lung cancer and heart disease, among other things.

With children, it increases the risk of:

- Asthma
- Tonsillitis, ear infections
- Sudden infant death syndrome.

There are reasons why you smoke

Everyone has his/her reasons for smoking: what are yours?

- To calm you down when you're stressed out
- It's become a habit
- To help you concentrate better
- You just can't stop
- To make you feel better
- So that you don't gain weight
- You like it
- Some other reason ...

**You have your reasons for wanting to quit smoking some day
Which ones are important to you?**

- Your health
- Your family's health
- To save money
- So you're no longer dependent on cigarettes
- To stop feeling guilty
- To get fewer wrinkles, and so look younger
- Because places where you can smoke are increasingly hard to find
- To get in better shape
- Other reasons ...



It's worth trying to quit smoking

Imagine for a moment that you've stopped:

- Your breath is fresh and you smell good.
- You no longer have thousands of foreign chemicals in your body.
- You're no longer always afraid of being ill.
- Your children live in a smoke-free home.
- You're no longer giving your money away to the tobacco companies.
- You've a much better chance of living a longer, healthier life.

The decision is yours

It's often difficult to decide to quit smoking ...



Think of all you've heard about tobacco, that might help you quit.

You have the strength to stop smoking: when you decide to do it, you will be able to do it.

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[Not right away](#)



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[I'm taking it day by day](#)

You've made up your mind: you're going to quit smoking!

There are still times when you're not too sure about it - but that's normal.

Stopping smoking is such a major decision. Make it your No. 1 priority over the next few months. You don't want to smoke any more, and you can stop.

Choose the day you're going to stop

Choose a day when:

- You're not under too much stress.
- You can change your routine easily.



Find out what makes you want to smoke

Over the next few days, you can:

- Put your smoker's diary (enclosed) and a small pencil in your cigarette pack. Every time you take a cigarette, jot down the time, what you're doing and how you feel.
- Before lighting up, ask yourself why you're going to smoke that cigarette.
- If you have already stopped smoking, remember times when it was difficult not to smoke.

"I smoke a pack and a half a day. I've realized that there are certain things that make me smoke: when I'm stressed out, after meals, when I'm with friends who smoke, when I drink wine and talk on the telephone."

Steve T., age 39

Think how you'll manage not to think about smoking

- Keep busy.
- Drink less alcohol, particularly to start with.
- Go places where no smoking is allowed.
- Ask your friends not to smoke in front of you.
- Don't stay at the table after meals.
- Have something on you to keep your hands busy.
- Take life one day at a time ...

Think about what you'll do when you want to have a smoke

The strong desire to smoke only lasts 2 to 3 minutes. To resist it, you could:

- Take your mind off it: call a friend, go for a walk...
- Tell yourself: "I've decided not to smoke. I can beat my dependence on cigarettes. I won't give in ..."
- Keep your hands and mouth busy: drink water, eat raw vegetables ...
- Relax for a few minutes: listen to music, do relaxation exercises ...

Get people to support you

- A friend, your family
- A colleague at work
- Your doctor, your nurse
- Your pharmacist.

You can also decide to join a group program for people who want to quit smoking. For the list of programs available in your area, contact your CLSC or Public Health Regional Board.

Sign a non-smoking contract with yourself

I will quit smoking on : _____

I want to quit smoking because : _____

My signature _____

Signature of someone who supports me _____

You could read this contract when you feel the need for a cigarette

Get ready to learn how to live without smoking

You may feel some discomfort when you stop smoking. It's normal. Your body has to get used to functioning without

nicotine again. A few weeks and you'll start feeling better and better.

Here are some tips that may help you:

Stress, problems concentrating?

- Tell people that you're in the process of stopping smoking, and ask for their understanding
- Take a few minutes to relax, if you feel stressed.

Problems sleeping?

- Do some exercise, every day.
- Avoid coffee, cola and chocolate.
- Relax before going to bed.

Feeling sad?

- Confide in those near to you.
- Give yourself small treats.
- Talk to your doctor, if you feel depressed and it doesn't go away.

Eating more and gaining weight?

- Try not to worry about it; gaining a few pounds is better than smoking.
- Choose low-calorie foods.
- Drink a lot, especially water.
- Exercise regularly.
- If you have to, go on a stricter diet later, when smoking is no longer a problem.

Think about tools that might help you

Medication

Medication is generally recommended to help you quit smoking, so that your body can gradually get used to living without nicotine. These products lessen physical discomfort and the desire to smoke. They are not dangerous, particularly when compared to cigarettes, which contain many cancer-causing substances. Medication will virtually double your chances of success.

Nicotine patches (Habitrol, Nicoderm, Nicotrol) or nicotine gum (Nicorette, Nicorette Plus)

- Available from pharmacies, without a prescription.
- Your doctor or pharmacist can tell you how to use the product you choose.
- Usually, the patch is applied to the upper body once a day for 2-3 months.
- The gum must be used every one or two hours, for approximately 3 months.
- The patch releases nicotine into the blood continuously.
- The nicotine released by the gum is absorbed in the mouth.
- No other products are released by either the patch or gum.

- You must not smoke while using these products.
- People with heart problems or who have recently suffered a stroke should consult their doctor before using either the patch or gum.
- People allergic to adhesive bandages or who have skin disease should not use the patch.
- The most common side effect with the patch is spots at the application site. This will be avoided if the patch is applied on a different place every morning.
- People who do not chew the gum properly often have mouth pain, hiccups or heartburn. These problems are usually solved when the gum is chewed two or three times, then placed between the cheek and gum for one minute. This should be repeated over a period of 30 minutes.
- A support program is available for people using Habitrol or Nicotrol.

Bupropion (Zyban)

- Must be prescribed by a doctor.
- It is in tablet form, and must be taken morning and night for 7 to 12 weeks.
- Bupropion itself contains no nicotine, but it is thought to create an effect on the brain that is similar to nicotine.
- Bupropion must be taken for one or two weeks before quitting smoking.
- There is a small risk, one in a thousand cases, that bupropion may cause seizures. To reduce this risk, it is important that people wanting to take bupropion follow their doctor's instructions closely, and inform him/her of all the medication they are taking and about any medical problems they may have.
- The most common side effects are a dry mouth and difficulty in sleeping. These effects often disappear after a few weeks. In case of insomnia, it is better to take the second dose of bupropion a few hours before going to bed - supper-time, for example - provided it is at least eight hours after the morning dose.
- Bupropion can cause tremor and spots. If this happens, it is important to advise your doctor or pharmacist.
- A support program is available to people taking Zyban.

Alternative methods

- Hypnosis
- Acupuncture
- Homeopathy
- Subliminal methods.

There is no proof that these methods are effective but, if you feel that one of them might help you, try it.

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[I'm getting ready](#)



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Congratulations! This is your first smoke-free day! You have made an important decision, and you should be very proud about it.

Even if you are certain you are doing the right thing, you may feel sad. That's normal. You've been smoking for years and it's difficult to change ... But you want to do it, and you can do it.

During the next few weeks :

- Stop smoking, one day at a time.
- Take the time to appreciate the good side of not smoking.
- Congratulate yourself on each small victory.
- Organize your days so that you keep busy.
- Avoid anything that makes you want to smoke.
- Ask your friends not to smoke in front of you.
- Don't worry if you feel some physical discomfort, it's normal. Things will be better after a few weeks or so.
- Remember: a strong desire to smoke lasts only a few minutes. Don't take a cigarette; do something else instead.
- Eat well, exercise regularly and rest.
- Try to relax when you feel stressed.
- Think often about your reasons for quitting smoking.
- Call the person you have chosen to help you when it becomes difficult not to smoke.
- Talk to people who have successfully stopped smoking.
- Give yourself a treat every day. You deserve it!



"I quit smoking a month ago. When my son starts screaming, I really need a cigarette. Instead, I go into the bathroom, sit down, close my eyes, breathe deeply and relax for a few minutes. When I come out again, we both calm down, and things are better".

Christine H., age 23

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You've succeeded: you've stopped smoking, and that's fantastic. Now you have to be careful not to start again, because the desire to smoke can last for a very long time.

As much as possible, avoid situations where there's a risk you may want to smoke and, above all, don't think that you can occasionally smoke a couple of cigarettes. Most smokers who do that, start again. Remember the downside of cigarette smoking and all your efforts to finally stop.

Be particularly careful when you are with friends who are smoking, when you drink alcohol, are stressed or going through a difficult time. Always be proud of having stopped smoking.



If you do smoke a cigarette, take control again immediately. You have not become a smoker again, and you don't want to become one, either. Continue to ask for the support of those close to you, your doctor, nurse or pharmacist. They will be happy to help you remain a non-smoker.

If you do begin to smoke again:

Don't get too upset. Instead, tell yourself that:

- Most smokers have to try several times before actually succeeding in quitting.
- You managed to stop for a certain period of time, and that was fine.
- You have learned from your experience. You know what you will be able to do better next time around.
- You have seen the upside of not smoking, and that can help you.

Give yourself another chance. Think of the reasons that convinced you to quit smoking, and get ready to try

again.

"The only real failure is to stop trying."

Have confidence in yourself. The next time you quit smoking you're bound to succeed!

" I was unhappy about my smoking. I was always afraid of falling ill. I couldn't climb the stairs without getting out of breath, and I felt non-smokers looked down on me. On the other hand, I was afraid I couldn't quit, and so I just continued. One day, my doctor told me, "Try to quit. Don't bother about the next 30 years, take it day by day. Whatever happens, you can be proud of trying. If it doesn't work the first, second or even third time, you will have learned something, your will to quit will become stronger and, eventually, you'll succeed."

I quit smoking on my fourth try. It's now been a year, and I know that I won't be starting again..."

Sandra P., age 54.

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