

**This is excellent
for your health!**



FREEDOM
EXTRA SPECIAL



Produit non toxique,
non inflammatoire,
non allergène.

FREEDOM
EXTRA SPECIAL

The Will, the Power...
to Quit Smoking.





***Whether or not you are ready to quit,
this booklet offers a range
of useful information***

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I don't want to quit



Why do you smoke?

You may not be ready to quit smoking yet.

*The reasons why a person smokes are personal.
What are yours?*

- ☐ To calm down when you're stressed out.
- ☐ It's a habit.
- ☐ To concentrate better.
- ☐ You just can't stop.
- ☐ To lift your spirits.
- ☐ To prevent weight gain.
- ☐ You like smoking.
- ☐ Other reasons:
- ☐ _____
- ☐ _____

Effects on your body

When you smoke, you breathe in thousands of chemicals.

Some have a pleasant effect. Nicotine, for example, helps you feel good, relax or concentrate. However, nicotine also makes you addicted to smoking.

A number of these chemicals increase your risks of:

- lung, throat and other cancers;
- heart disease;
- cerebrovascular and peripheral vascular disease;
- chronic bronchitis and emphysema;
- fertility problems;
- pregnancy complications;
- other health problems.

Effects on people around you

Second-hand smoke contains more than 4000 chemicals, some of which cause cancer.

It lingers in the air that non-smokers and smokers breathe.

In adults, it increases the risk of:

- lung cancer;
- heart disease.

In children, it increases the risks of:

- sudden infant death syndrome;
- tonsillitis and ear infections;
- asthma.



What could motivate you to quit smoking?



- ☐ Your health.
- ☐ Your family's health.
- ☐ Saving money.
- ☐ No longer being addicted to cigarettes.
- ☐ No longer feeling guilty.
- ☐ Having fewer wrinkles and looking younger.
- ☐ Having fewer places where you can smoke.
- ☐ Being in better shape.
- ☐ Other:
- ☐ _____
- ☐ _____

*Smoking can cut
10 years
off your life.*

*Keep in mind that if ever
you think you'd like to quit
smoking, there are resources
to help you.*

*See page 14
to find out more.*

I'd like to quit soon

Quitting smoking is an important decision



*Here's how you
can increase
your chances
for success.*

Choose a day that is good for you

Find the easiest time for you to change your routine.

Sign a contract with yourself

You can read over the contract when you find yourself in a difficult situation during the quitting process.

CONTRACT



I will quit smoking on: _____

I want to quit smoking because:

My signature

Signature of someone
who is supportive

Find out what makes you want to smoke



*This exercise can
help you identify
situations
where you are
more likely to
smoke and the
cigarettes that
would be easier
to eliminate.*



Put your smoker's diary (enclosed) in your cigarette pack.



Every time you have a cigarette, jot down the time and what you are doing.



For every cigarette, write down whether it was necessary to have it or if you could have done without it.

Find ways to keep yourself from smoking



- ☐ Keep busy.
- ☐ Go to places where smoking is not allowed.
- ☐ Ask your friends not to smoke in front of you.
- ☐ Go for a walk after a meal.
- ☐ Drink less coffee and alcohol, especially at first.
- ☐ Other suggestions:
- ☐ _____
- ☐ _____

Find support



Identify people who can support you throughout the process:

- a friend, a family member, a work colleague;
- a health professional - a doctor, a nurse, a pharmacist, a dentist or another professional.

My support persons are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Free Resources

- **Your CLSC's Quit-Smoking Centre:** for individual or group support.
- iQuitnow helpline: **1-866-JARRETE (527-7383)**, Monday to Friday, 8:00 A.M. to 9:00 P.M.

- Web site [**www.jarrete.qc.ca/en/**](http://www.jarrete.qc.ca/en/)

For more information, contact your CLSC.

Use medications to quit smoking



A winning strategy:

**use of
medication
+
follow-up at
your CLSC's
Quit-Smoking
Centre.**

You can triple your chances of quitting!

Medications help your body get used to living tobacco-free. It is advised to use medications to reduce physical discomfort and the urge to smoke.

Several types of medications are available. Talk to your doctor or your pharmacist about the medication that is best for you.

Nicotine-based products

These products release nicotine into your body and reduce withdrawal symptoms. It is recommended to start taking them as soon as you stop smoking.

However, you may be advised to use them while you gradually reduce the number of cigarettes, before you stop completely.

People under 18, pregnant or breastfeeding women, and people who have recently had heart problems or a stroke should talk to their doctor before using nicotine-based products.

Québec's Public Prescription Drug Insurance Plan (RAMQ) covers the cost of some of these products for a maximum of 12 consecutive weeks per 12-month period.

Ask your doctor or pharmacist about it.

Patches:
Habitrol^{®1}, Nicoderm^{®1}, Nicorette^{®1}

- People allergic to adhesive bandages or who have a generalized skin disorder should not use patches.
- The most common side effects are redness at the site of application, difficulty sleeping and vivid dreams.

Gum:
Nicorette^{®1}, Thrive^{®1}

- Chew the gum 2 or 3 times and then leave it between your cheek and your gums for a few minutes; repeat this process for 30 minutes.
 - Proper technique will prevent you from having a sore mouth, hiccups or heartburn.

Lozenges:
Nicorette[®], Thrive^{®1}

- Easier to use than gum.
- Let it melt in your mouth.

Inhaler:
Nicorette[®]

- Can irritate the mouth and throat and cause a cough.
 - Do not use if you are allergic to menthol.
- Shortness of breath can occur if you have asthma, chronic bronchitis or emphysema.

¹ Products reimbursed by Québec's Public Prescription Drug Insurance Plan beginning in 2011.

Products that do not contain nicotine

These products are also covered by the RAMQ for 12 weeks per 12 month period.

Champix® can be covered for an additional 12 weeks if the individual is still not smoking on week 12 of the initial treatment.

Bupropion (Zyban®) and **varenicline (Champix®)** must be prescribed by a doctor. These medications are taken for one or two weeks before quitting smoking.

Talk to your doctor and stop taking the medication if you experience any of the following:

- **behavioural changes**
- **depressed mood**
- **agitation**
- **aggressive behaviour**
- **hostility**
- **suicidal thoughts**
- **aggravation of a preexisting mental disorder**

Zyban®

- Do not use if you have ever had seizures (epilepsy).
- Can cause dry mouth and difficulty sleeping.

Champix®

- People under 18, and pregnant or breastfeeding women should not take this medication.
- The most common side effects are nausea, constipation, flatulence, abnormal dreams and, less frequently, vomiting.

I'm quitting now



You've made the decision and are now ready to quit.
Make sure you use the resources that are there to support you (see page 14).

Learning to live smoke-free

When a person quits smoking, it's normal to feel some discomfort. Here are some tips to help you:

- ☐ ***I'm irritable and stressed out, and I have a hard time concentrating***
 - ☐ Tell your loved ones that you are in the process of quitting smoking.
 - ☐ Take a few minutes to relax.
- ☐ ***I have difficulty sleeping***
 - ☐ Reduce or avoid caffeinated products like coffee, tea, soft drinks and chocolate.
 - ☐ Do a bit of exercise every day.
 - ☐ Relax before going to bed.

Don't get discouraged. After a few weeks, you'll be feeling better and better.

I feel sad

- ☐ Talk to your loved ones.
- ☐ Treat yourself regularly.

I'm often hungry but I don't want to gain weight

It's normal to gain a bit of weight.
Here are a few helpful tips:

- ☐ Snack on low-calorie foods such as carrots or celery.
- ☐ Avoid foods high in fat and added sugars such as chips and sweets.
- ☐ Drink a lot of water.
- ☐ Exercise regularly.
- ☐ Avoid dieting.
- ☐ Change your eating habits gradually.

Over the next few weeks



- ☐ Avoid things that make you want to smoke.
- ☐ Congratulate yourself on each small victory.
- ☐ Ask your friends not to smoke in front of you.
- ☐ Think often about why you quit smoking.
- ☐ Find things to do to stay busy.
- ☐ Seek out support if you need to.
- ☐ Remember that strong urges to smoke only last a few minutes.

What to do to resist strong urges to smoke



- ☐ Keep your hands and mouth busy: drink water, eat vegetable sticks.
- ☐ Take a few moments to relax: listen to music, do relaxation exercises.
- ☐ Divert your attention: call a friend or go for a walk.
- ☐ Tell yourself: «I've decided to stop smoking. I can beat my addiction to cigarettes. I won't give in ...»

If you start smoking again...



*The
important
thing is to
try quitting
again.*

- ☐ Congratulate yourself on the time you spent not smoking.
- ☐ Remember that most smokers try to quit a few times before succeeding.
- ☐ Think about what you can do differently.
- ☐ Don't hesitate to use the resources on page 14.

I did it!



***Congratulations!
You've done it!***

Remind yourself of the situations that make you feel like smoking and what you did to deal with the urge.

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Québec



This exercise can help you identify situations where you are more likely to smoke and the cigarettes that would be easier to eliminate.

- ☒ Put your smoker’s diary (enclosed) in your cigarette pack.
- ☒ Every time you have a cigarette, jot down the time and what you are doing.
- ☒ For every cigarette, write down whether it was necessary to have it or if you could have done without it.

Cigarette	Time	What I am doing	I really need it	
			Yes	No
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
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22				
23				
24				
25				

Cigarette	Time	What I am doing	I really need it	
			Yes	No
1				
2				
3				
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