
Thinking of Quitting?

It's one of the best things you can do for your health.

Why quit smoking? The benefits are numerous:

- **Within 8 hours:** carbon monoxide levels drop, leaving more oxygen for your body and thus more energy.
- **Within 24 hours:** your body will start feeling better, as it clears out the toxins found in cigarette smoking.
- **Within two days:** the risk of having a heart attack is decreased.
- **At 2-12 weeks:** your lung function improves, as does your circulation.
- **At 1 year:** your risk of coronary heart disease is cut in half, compared to a person who still smokes.
- **At 2 years:** bladder cancer risk is halved and cervical cancer risk is reduced compared to smokers who continue to smoke.
- **At 5-15 yrs:** the risk of stroke is reduced to that of a non-smoker.
- **At 5 years:** the risk of death from lung cancer is almost cut in half.
- **At 10 years:** decreased risk for cancers of the mouth, throat, esophagus, kidneys and pancreas.

Beyond health benefits, your wallet will thank you too. All that money you would normally spend on cigarettes can be used towards a healthy, fun activity, a new hobby, or perhaps a night out with friends or family.

Quitting can be stressful – but smoking isn't the answer!

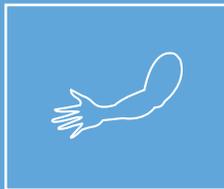
- Smoking can reduce the levels of important enzymes in the body – and have an anti-depressive effect. For some smokers, quitting can cause a change in stress levels.
- This may be why some people reach for a cigarette when they're feeling stressed. But smoking is not an effective solution! In fact, a recent study showed that after quitting, many smokers felt **less stress and anxiety** compared to those who did not successfully quit (their stress actually went **up**).



Hair and clothing stops smelling like smoke



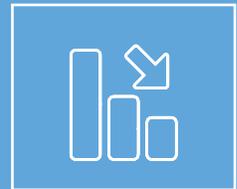
Teeth are whiter and breath is fresher



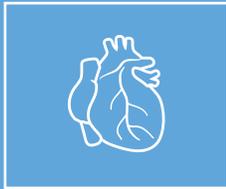
Skin will look and feel better



Improved sense of taste and smell



Decreased risk of oral cancer



Decreased risk of heart attack



Increased lung function; decreased risk of COPD



Less irritability



Decreased risk of erectile dysfunction; decreased risk of infertility



Decreased risk of urinary tract cancers

Did you know? Quitting smoking is the most effective step you can take to reduce your risk of developing or worsening lung conditions, such as COPD (chronic obstructive pulmonary disease).

How to Get Started

- 1 Choose a quit date – decide on the date that you are going to stop or reduce the number of cigarettes you smoke to eventually quit smoking
- 2 Find support for your efforts:
 - A **smoking cessation counsellor** may be available to help you one-on-one to develop a quit strategy. Ask your doctor or a public health office in your area to locate a counsellor who can help you. Your local pharmacy or hospital can also help you find smoking cessation resources.
 - **Counselling by phone** is a convenient way to get support. The Lung Association can help you locate a service in your region: 1-888-566-LUNG (5864).
 - **Online counselling and support groups** are other sources of motivation and help. Visit smokershelpline.ca and click on the Community Support Forums to join a discussion group.
 - **Tell your friends or family** about your decision to quit. If they know you are trying to quit, they can be an important source of encouragement and support!
 - **Medications** such as Nicotine Replacement Therapy (NRT) can double your chances of successfully quitting. Other medications are also available.

If you're interested in learning more about Nicotine Replacement Therapy or other medication, ask your healthcare professional for more information.