

You can

QUIT

We can help

Are you ready to try
to **QUIT** smoking?

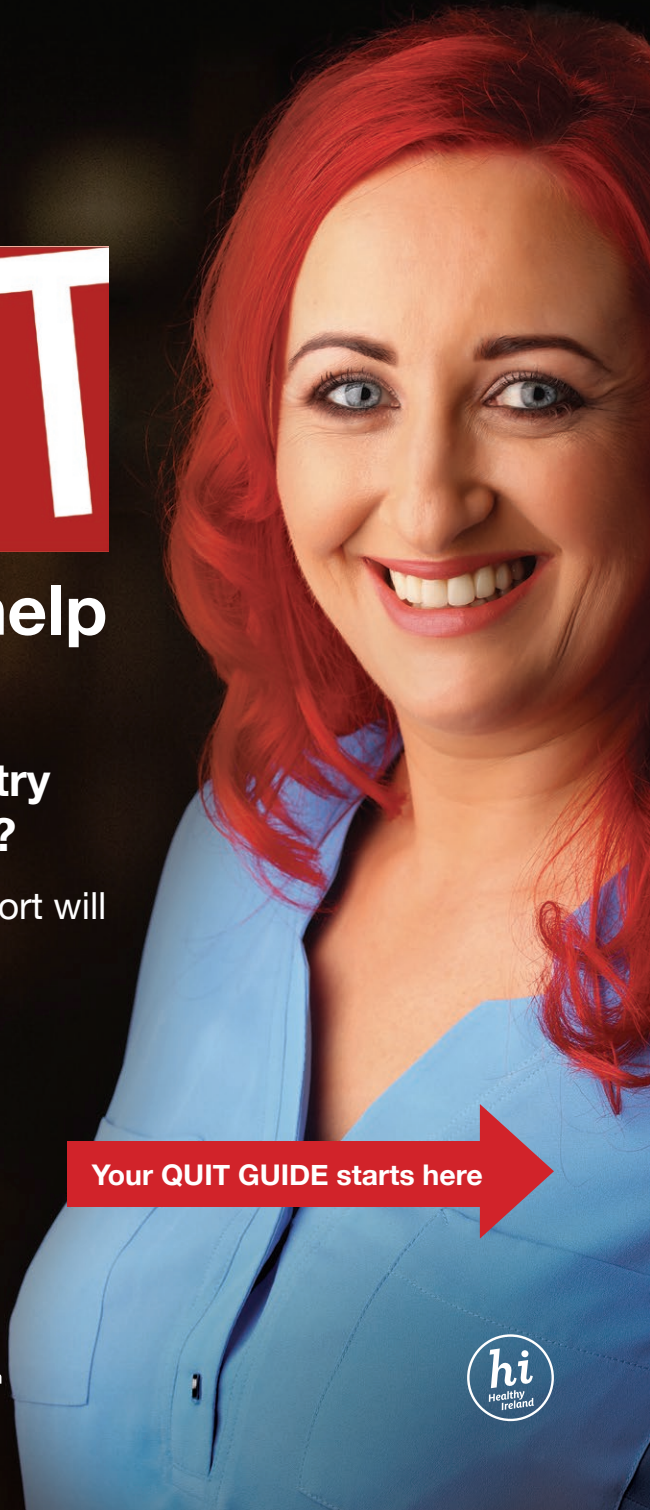
Getting help and support will
double your chances
of success

Your **QUIT GUIDE** starts here



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



1 in every 2 smokers will die of a tobacco-related disease

It doesn't have to be that way – you can quit

If you are a smoker, quitting is one of the best things you can do for your health. If you are one of the 7 in every 10 smokers who want to quit, this booklet can help you to succeed. Remember – it's never too late to quit smoking.

The good things about quitting

Have a look at the benefits to you when you quit.

When	What
Straight away	You will have fresher breath, hair and clothes – smoking is smelly!
Straight away	You will have more money in your pocket
Within 20 mins	Your blood pressure and pulse rate begin to return to normal
Within 1 day	Your risk of heart attack begins to fall
Within 2 days	You will have a better sense of taste and smell
Within 3 days	You will feel fitter as you will be less breathless
After 1 year	Your risk of sudden death from a heart attack is almost cut in half, while your risk from cancer is also reduced

10 tips to help you quit

- 1. Prepare to quit** – Weigh up the pros and cons. Write down your reasons for quitting and keep them close at hand.
- 2. Set a date to quit** – and stick to it.
- 3. Support** – Ask your family and friends for support.
- 4. Change your routine and plan ahead** – Replace or change activities that you usually associate with smoking.
- 5. Be active** – Regular activity is good for your health and helps you to manage stress.
- 6. Think positively** – You may have withdrawal symptoms once you quit smoking. These are positive signs that your body is recovering from the harmful effects of smoking. They will disappear once your body gets used to the change.
- 7. Learn to deal with cravings** – Check out the tips for dealing with cravings.
- 8. Save money** – that you would otherwise spend on tobacco.
- 9. Watch what you eat** – If you are worried about putting on weight, be careful about what you eat.
- 10. Take one day at a time** – Remember, every day without smoking is good news for your health, your family and your pocket. If you slip up, all is not lost. Set a new date and start again.

Some smoking facts

1. 1 in every 2 smokers will die of a tobacco-related disease.
2. Tobacco smoke contains over 7,000 chemicals, including tar, that can cause cancer.
3. Smoking can take 10-15 quality years off your life which means that many smokers suffer a number of chronic illnesses such as Chronic Obstructive Pulmonary Disease (COPD) or heart disease. The effects of these illnesses reduce their quality of life significantly.
4. Smokers inhale a gas called carbon monoxide which is harmful when breathed because it displaces oxygen in the blood and deprives the heart, brain, and other vital organs of oxygen.
5. Smoking significantly increases your risk of a whole range of cancers, heart disease and stroke.
6. Smoking stains your teeth and fingers and causes premature ageing. It also makes your hair, clothes and breath smell.

The 3 Steps to Quitting are:

Step 1 Getting ready to quit

Step 2 Quitting

Step 3 Staying quit

Step 1: Getting ready to quit

Every cigarette is doing you damage

The sooner you quit, the better for you and your health.

Are you ready to quit?

Think carefully about why you're still smoking. Look at the list below – are any of these you?

I haven't got the willpower

Willpower just means wanting something badly enough. Ask yourself if you really want to quit and if so... go for it! Taking medication to manage cravings will really help.

I'm worried about withdrawal symptoms

Withdrawal symptoms are a positive sign that your body is recovering from the harmful effects of smoking. Nicotine replacement therapies and other quit smoking medications can reduce withdrawal symptoms.

Smoking helps me cope with stress

Work off stress with exercise, talk to a friend or take up a hobby.

It's too late – the damage is probably done

It's never too late to quit. Once you quit, the benefits start from day one. After a year, you will have cut your risk of heart attack by half.

This isn't the right time

You might think that there will never be a right time. Think positively.

Weigh up the pros and cons

Wanting to quit is the key. Once you have decided you want to quit, set a date to quit and stick to it.

Be prepared: It may help to write down what you enjoy about smoking and compare this with why you want to quit. Make a list here and keep it close to hand to remind you why you're quitting.

What I enjoy about smoking

Example: "It helps me to relax"

Why I want to quit smoking

Example: "I worry about the damage to my health"



Ireland now has more quitters than smokers

You can join them
and we can help

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Your smoking diary

It helps to think about your smoking pattern – the places or situations in which you smoke most. Use the table below to help you.

Number of cigarettes you smoke

Day	Morning	Afternoon	Evening	Total
1				
2				
3				
4				
5				
6				
7				

Where do you smoke most and why? Example: after a meal, watching TV

Day	Where I smoked? Why I needed to? Did I have a craving? Did I light up without thinking? Who was I with? How much did I enjoy it? How did I feel afterwards?
1	
2	
3	
4	
5	
6	
7	

Step 2: Quitting

Set a quit date now

My quit date is _____

Change your daily routine at the start to avoid situations where you will be tempted.

Try some of these ideas:

- If you enjoy a cigarette after a meal, chew some sugar-free gum instead of lighting up.
- If you're used to having a cigarette in your hands, for example while chatting on the telephone, find something else to hold, such as a pencil or stress ball.
- Be careful when drinking alcohol – a few drinks can make you forget you've quit smoking and weaken your resolve.
- Try drinking juice or water or eating fruit when you feel like having a cigarette. This will freshen your mouth and help lower your craving. Each craving only lasts 3-5 minutes and it will pass.
- Nicotine replacement therapies and other prescribed medications can help double your chances of quitting.

Dealing with cravings – the 4 Ds

- 1. Delay** at least 3-5 minutes and the urge will pass
- 2. Drink** a glass of water or fruit juice
- 3. Distract** yourself - move away from the situation
- 4. Deep** breaths - breathe slowly and deeply

Withdrawal symptoms

Not everyone gets withdrawal symptoms when they quit smoking. Withdrawal symptoms are positive signs that your body is recovering from the harmful effects of smoking. They will begin to fade within two to three weeks as you get used to not smoking. The following symptoms are all normal:

- A great desire or craving for a cigarette
- Feeling extra-sensitive or tense
- Feeling extra-hungry
- Coughing more and bringing up mucus
- Tingling sensations in toes or fingers
- Dizziness or being light-headed
- Lack of concentration
- Change in sleep patterns

Smoking causes serious health problems, but lots of smokers are afraid they will gain weight if they quit

It is possible to stop smoking AND maintain your weight.

Some people gain weight when they quit smoking and some people don't. In fact, some people have lost weight on stopping smoking. Most of the weight gained after stopping smoking is due to eating more food and the wrong types of food. Plan ahead and have healthy snacks to hand.

If you do gain a few pounds, don't pick up a cigarette!

Remember the hazards of smoking – lung disease, heart disease and cancer will affect your health a lot more than temporary weight gain.

Tips to help you eat well

- Plan ahead – don't go hungry. Eat three meals everyday. Try not to skip meals, especially breakfast.
- Only snack if you are hungry and choose your snacks carefully. Healthy snacks include fresh fruit, raw vegetables (celery, carrot sticks, slices of cucumber or peppers), natural yogurt with fruit, or plain popcorn.
- Go for low-fat – avoid fried and high-fat foods such as chips, crisps, nuts, chocolate, cakes and biscuits. Trim the fat off meat before cooking. Processed foods such as sausages and puddings are also high in fat. Watch your portion size.
- Watch what you drink. Low-calorie drinks include water, tomato juice, sugar-free squashes, herbal or fruit teas, low-fat or skimmed milk. High sugar fizzy drinks and alcohol add calories, and can also make you want to snack.

Tips to help you be more active

- If you are not regularly active, start slowly with 10-15 minutes of physical activity three or four times a week. Gradually build up to 30 minutes a day, most days of the week. Remember, two or three short sessions can meet your goal of 30 minutes a day.
- Exercise at a pace that suits you. You should sweat slightly and be able to carry on a conversation when exercising (moderate intensity).
- Choose an activity that you enjoy – this will help you to keep it up. Go for a walk with a friend, swim, cycle or join a dance class or other activity.
- Build physical activity into your daily routine. Walk to work or the shops, use the stairs instead of the lift.

If you have any medical problems or concerns, check with your doctor before you start a new activity.



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Step 3: Staying quit

Do:

Stay positive – When you feel tired and tempted to give in, remember how far you've come and why you quit. Stay determined and the temptation will pass.

Keep busy – Boredom can make smoking seem more important to you than it really is.

Be active – A short walk will give you energy and help to take your mind off cigarettes.

Save your money and reward yourself – Take a trip to the cinema, buy yourself a book or some music.

Be careful when drinking alcohol – It can affect your willpower.

Don't:

Don't think 'one cigarette won't hurt'

This is just an excuse to have a cigarette and will lead to more. Don't give in.

Even one cigarette stimulates nicotine receptors in your brain and is likely to increase cravings for more.

Don't be tempted to smoke with friends who smoke.

Change your attitude - don't keep thinking that you are making sacrifices and losing something valuable by quitting. Think about the freedom you'll have when you finally break free.

Some smokers slip up before they quit for good. If this happens to you, don't lose faith. Think about the reasons you wanted to quit in the first place and get ready to quit again. Remember, you are not alone, you have support. You can do it!

Support from family and friends

You may want to quit smoking but you cannot force others to quit. That's a decision they have to make for themselves. However, you should look for support from family and friends when **you** are quitting.

How your family and friends can help:

- They can be positive and encouraging. Nagging is not helpful or supportive.
- They can encourage other smokers not to smoke around you. Agree on smoke-free spaces and replace smoking with other activities such as walking, dancing or going to classes.
- They can be supportive before, during and after you quit. This will help you to succeed in the long-term.
- They can let you know about programmes and methods that are available to help you quit.
- They can praise and reward you for your efforts.

E-cigarettes and quitting

Some smokers consider using e-cigarettes as a substitute for smoking or as a support for quitting. The evidence base to support definitive advice to the public is still developing but many studies point to the use of e-cigarettes being safer than smoking for those who continue to use tobacco. HSE smoking cessation services offer evidence-based, safe and effective supports. There is insufficient evidence to recommend e-cigarettes as a safe and effective cessation support, but HSE services will support anyone who wants to quit regardless of what supports they want to try. Our services are there to help.

Nicotine replacement therapy (NRT) and other quit smoking medications

Smoking is addictive which means it can be difficult to quit. Nicotine replacement therapies and other quit smoking medications can make you twice as likely to succeed by reducing the number and strength of the cravings for nicotine that you get when you quit. It is important to use enough NRT products and to use them correctly – the usual treatment programme is 12 weeks although some smokers might need to use them for longer. Don't dismiss NRT completely even if you've tried it before. There are loads of different products. Give it a try again. You may not have been using the product correctly or enough of it and you may be in a different frame of mind this time around.

If you are finding it hard going, you can get help by calling the National Smokers' Quitline **1800 201 203** or by visiting www.quit.ie, or you can speak to your GP or Pharmacist about nicotine replacement therapies and medications.

There are a wide range of products available on prescription and over the counter from your Pharmacist including:

- Nicotine Patches
- Nicotine Gum
- Nicotine Lozenges
- Nicotine Inhaler
- Nicotine Mouth Spray
- Nicotine Tablets
- Varenicline (Champix®)
- Bupropion (Zyban®)

NRT and other quit smoking medications to help you quit are free to medical card holders when prescribed by your GP

The evidence shows that Varenicline (Champix®) and NRT used in combination is the most effective treatment. Where Varenicline is unsuitable, dual therapy NRT is recommended – a background slow release dose of nicotine in conjunction with a faster acting dose to manage cravings, e.g. using patches and gum/mouth spray or lozenges together.

Remember: Always read the instructions and use as directed.

Your Pharmacist, GP or local Smoking Cessation Officer can advise you about which is the best treatment for you. They work best over a three-month period so try to stick to this to get the most benefit and the right result: to quit smoking for good!

Need more advice and support?

If you've tried to quit before, remember that many smokers try a few times before they quit for good.

Getting help and support increases your chances of success.

Here's how we can help you:

National Smokers' Quitline **1800 201 203**

Call the National Smokers' Quitline for one-to-one personal support and advice or get in touch with the face-to-face HSE Smoking Cessation service near you.
<https://www.quit.ie/I-Want-to-Quit/Support-Services/>

www.quit.ie

Visit www.quit.ie for lots of information and support and to sign up for our online Quit Plan, which will guide you through the quitting process day by day.

[facebook.com/HSEquit](https://www.facebook.com/HSEquit)

Visit our Facebook page at www.facebook.com/HSEquit for further support from fellow quitters.

You can also get help and advice on quitting from your GP or Pharmacist.

FURTHER WAYS WE CAN HELP YOU:

Visit www.quit.ie/clinics for more tips on how to give up.

Call our QUITline on **1800 201 203** to talk to someone who understands and can help you to quit.

Join us on www.facebook.com/HSEquit to experience like-minded people's stories and share your own.

The HSE  Campaign is supported by:

Alpha One Foundation

ASH Ireland

Asthma Society of Ireland

Diabetes Ireland

Irish Cancer Society

ICGP

Irish Dental Association

IPH

Irish Heart Foundation

Irish Thoracic Society

National Women's Council of Ireland

National Youth Council of Ireland

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