

# SMOKING CESSATION



## REVERSIBLE RISK

Smoking can lead to a number of diseases and conditions. The increased risk of developing these conditions can be reversed after you have quit smoking. Some benefits can become apparent in a matter of hours [3].



From a health perspective, quitting smoking is all green lights. Despite the known health risks of smoking, **17% of Canadians aged 18-34 years** [1] and **7-18% of Canadians with post-secondary education** still smoke [2]. When education is not a barrier, why do so many post-secondary students still smoke? If you are an educated smoker, complete this survey for a chance to win \$100!

[Click here for the survey](#)

## CIGAR OR CHEW? THE RISK STILL INCLUDES YOU

The medium used for tobacco use whether it be a cigar, pipe or smokeless tobacco all contain the same harmful and addictive substances that cigarettes do. The use of them can also lead to harmful conditions [3].



## BIG ADJUSTMENTS START WITH SMALL CHANGES

There is no hard and fast rule to quitting smoking. Although it is a daunting task to begin the journey, you can start by extending time in between cigarette breaks or cutting down the amount that you smoke per day [10].



|     |  |         |           |
|-----|--|---------|-----------|
| Day | Monday   | Tuesday | Wednesday |
| 31  | 1<br> | 2       |           |

## QUITTING ..... It's never too late!

There are many health benefits to quitting smoking that can improve your quality of life no matter when you quit. After quitting for.....

**20 minutes** your blood pressure drops to your pre-smoking level.<sup>4</sup>

**8 hours** the level of toxic carbon monoxide in your blood drops to zero.<sup>4</sup>

**24 hours** your risk of heart attack decreases<sup>4</sup> and damaged taste and smell receptors begin returning to normal<sup>5</sup>.

**1 year** your chance of developing heart disease drops to half that of a smoker.<sup>4</sup>

**5 years** your chance of having a stroke is the same as that of a non-smoker.<sup>4</sup>

**10 years** the chance of dying from cancer is reduced.<sup>4</sup>

**Annually** you will save \$5,000 if you smoke a pack per day. Calculate how much money you will save at [quitnow.ca/quitting/calculate-my-savings](http://quitnow.ca/quitting/calculate-my-savings).<sup>6</sup>

Quitting at age 60 gains **3 years** of life expectancy and quitting at age 30 gains **10 years** of life expectancy.<sup>7</sup>

Always



Worth it



# What's Stopping YOU?

## Solutions to some common aversions to quitting smoking

- **All of my friends smoke...**

Community, online & phone support is available for people quitting smoking. Through forums & local support services members can share inspiring stories and quitting milestones for encouragement. Find information at: [quitnow.ca/community](https://quitnow.ca/community)

- **I can't afford treatment options...**

The PharmaCare BC Smoking Cessation Program covers the cost of prescription medications or nicotine replacement products. Find information at [quitnow.ca/quitting/get-subsidized-medications](https://quitnow.ca/quitting/get-subsidized-medications)

- **Tobacco is a part of my Indigenous culture...**

First Nations Health Authority offers support & resources to people with Indigenous practices that want to quit using tobacco. Find information at: [fnha.ca/wellness/respecting-tobacco#podcasts](https://fnha.ca/wellness/respecting-tobacco#podcasts)

quitnow.ca

BRITISH COLUMBIA

BRITISH COLUMBIA LUNG ASSOCIATION

QuitNow is BC's FREE quit smoking service available to all BC residents. Funded by the government of British Columbia and managed by the BC Lung Association. [Quitnow.ca](https://quitnow.ca)

- **I don't want to rely on medication...**

Acupuncture is an alternative therapy that can reduce cravings by stimulating brain receptors that nicotine binds to and is found to be effective for quitting smoking<sup>8</sup>.

Allen Carr's program EasyWay helps you understand addiction and produced an abstinence rate of 19% six months after target quit date, compared with 15% UK National Standard smoking cessation programs<sup>9</sup>. Find information at [allencarr.com/international/](https://allencarr.com/international/)

# References

- <sup>1</sup>Statistics Canada. (2020, August 6). *Smokers, by age group*. <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310009610>
- <sup>2</sup>Corsi, D., Lear, S., Chow, C., Subramanian, S., Boyle, M., & Teo, K. (2013, February 28). *Socioeconomic and Geographic Patterning Analysis*. PubMed Central (PMC). <https://doi.org/10.1371/journal.pone.0057646>
- <sup>3</sup>Health Canada. (n.d.). *Risks of smoking*. Canada.Ca. <https://www.canada.ca/en/health-canada/services/smoking-tobacco/effect>
- <sup>4</sup>Government of Canada. (2021, March 5). *Quitting Smoking: Deciding to Quit*. <https://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking.html#a2> .
- <sup>5</sup>Healthline. (2018, May 22). *Benefits of Quitting Smoking and a Quit Smoking Timeline*. <https://www.healthline.com/health/effects-of-quitting-smoking>.
- <sup>6</sup>Government of Canada. (2018 February 9). *Cost Calculator: How much do you spend on Cigarettes?* <https://health.canada.ca/en/forms/cigarettes-cost-calculator>
- <sup>7</sup>Statistics Canada. (2015, November 27). *Health at a Glance*. <https://www150.statcan.gc.ca/n1/pub/82-624-x/2012001/article/11676-eng.htm>.
- <sup>8</sup>Wang, J. H., van Haselen, R., Wang, M., Yang, G. L., Zhang, Z., Friedrich, M. E., Wang, L. Q., Zhou, Y. Q., Yin, M., Xiao, C. Y., Duan, A. L., Liu, S. C., Chen, B., & Liu, J. P. (2019). *Acupuncture for smoking cessation: A systematic review and meta-analysis of 24 randomized controlled trials*. *Tobacco induced diseases*, 17, 48. <https://doi.org/10.18332/tid/109195>.
- <sup>9</sup>Frings, D., Albery, I. P., Moss, A. C., Brunger, H., Burghelea, M., White, S. & Wood, K. V. (2020). *Comparison of Allen Carr's Easyway programme with a specialist behavioural and pharmacological smoking cessation support service: a randomized controlled trial*. *Addiction*, 115(5): 965-2140. <https://doi.org/10.1111/add.14897>.
- <sup>10</sup>Lindson, N., Klemperer, E., Hong, B., Ordóñez-Mena, J. M., & Aveyard, P. (2019, September 30). *Can people stop smoking by cutting down the amount they smoke first?* Cochrane. [https://www.cochrane.org/CD013183/TOBACCO\\_can-people-stop-smoking-cutting-down-amount-they-smoke-first](https://www.cochrane.org/CD013183/TOBACCO_can-people-stop-smoking-cutting-down-amount-they-smoke-first)

