

## SMOKING CESSATION

- Cigarette smoking is the leading preventable cause of death
- Each year over 400,000 people die as a result of smoking in the United States alone, and approximately **4 MILLION** people worldwide
- One in two lifetime smokers will die as a result of smoking

### *Why quit smoking?*

- Cigarette smoking is directly associated with the following diseases (to name a few!!):
  1. Cancer – Lung
    - Mouth, throat, oesophagus (gullet)
    - Stomach, liver, pancreas
    - Bladder
    - Cervix, vulva
    - Penis
    - anus
  2. Chronic obstructive pulmonary disease (including emphysema)
  3. Vascular disease – heart disease ('heart attacks', angina, heart failure)
    - cerebrovascular disease ('strokes')
    - peripheral blood disease (poor blood supply, gangrene, leg and foot amputations)
  4. Pulmonary tuberculosis
  5. Blindness due to macular degeneration
  6. Osteoporosis
  7. Effects on pregnancy - growth retardation of baby
    - Miscarriage
    - Stillborn babies
    - cot death
  8. Effects on children – pneumonia
    - bronchitis
    - asthma
- smoking cessation will:
  - Reduce risk of death and serious disease
  - Reduce the chance of your children developing serious medical illnesses
  - Improve sense of taste

### ***How do I quit smoking?***

***Excellent, comprehensive information is available through the Quit smoking campaign  
- Phone the Quitline for a free Quit smoking booklet 131 848***

- The first step in stopping smoking is ***making the decision*** to quit
- Write down the main reasons that you would like to quit on a card – whenever you feel like smoking read that card
- Identify *high risk smoking situations* – make a note of behaviours (e.g. having a cup of coffee) or moods (e.g. boredom) that are usually associated with smoking a cigarette
  - the next step is to either avoid or modify these situations so that smoking does not automatically result
- Whenever you feel like having a cigarette, try to delay the cigarette for at least 5 to 10 minutes, or do something else altogether (e.g. go for a walk)
- Congratulate yourself every time you manage to avoid a cigarette

### ***Are there medications that can help to quit smoking?***

- There are agents that can help you to quit smoking, but they are not magic – if you have not made the serious decision to quit smoking, they are unlikely to help you
  - Nicotine replacement devices (nicotine patches, nicotine gum) – approximately double the rate of smoking cessation
  - Bupropion (Zyban) is another medication that increases the quit rate
  - Sometimes, ‘combination’ therapy with nicotine replacement and bupropion may be appropriate
  - You should speak to your doctor if you feel these medications may be of use
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