

Top Tips On How To Quit Smoking

It's never too late to quit smoking; these tips are from various research groups and have been identified as the best 9 tips to quit smoking

- Quitting is different for everyone, so find an approach that will work for you. This may be either the cold turkey approach (stopping suddenly and totally) or a more gradual reduction in the number of cigarettes you smoke each day. Set a date to quit, and stick to it. Make it sooner rather than later
- Get as much support as you can from family, friends and work colleagues. Let them know you are planning to quit, and ask smokers not to smoke around you or offer you cigarettes. Quitting with a friend can also be an excellent idea — you can share your feelings and encourage each other
- Throw out all cigarettes, ashtrays and lighters and anything else that might remind you of smoking. Wash your clothes and clean your car and home to remove the smell of smoke
- Nicotine replacement therapy, such as nicotine patches or chewing gum, could be a good idea for those who smoke heavily or who feel they may need the extra help. There are also oral prescription medicines you can take; please talk to your doctor about what is right for you
- Plan ahead for situations in which you are likely to be tempted to smoke such as parties or drinking. Try to avoid these situations in the early stages of your quitting program
- Write down all the reasons that made you decide to quit smoking, and carry them with you in case you need reminding!
- Avoid alcohol as many people find it hard to resist smoking when they drink
- If you find you are losing motivation to quit, remind yourself of the many medical and financial benefits of quitting! For example, did you know that 12 months after quitting, your risk of heart disease is reduced to nearly half that of a smoker's?
- Keep the following 4 Ds in mind when you have a craving:
 - Delay** – Remember that the worst cravings last for only a few minutes and will become even less frequent the longer you have quit
 - Deep breathe** – This should help you relax and focus your mind on something else
 - Drink water** – It is a good idea to drink plenty of fluids to help flush the nicotine and other toxins out of your system
 - Do something else** – You could go for a walk, to the movies or visit a supportive friend. Try eating an apple or cleaning your teeth when you would normally have a cigarette. You could hold something else, such as a pen or beads, to replace the need to hold a cigarette, or chew some gum



If you are struggling to quit smoking, please see your doctor at your local urban health clinic who can assist in putting you on the right track to quitting successfully.

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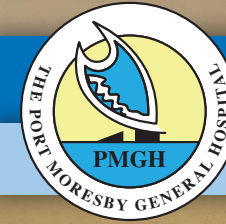
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**Smoking Kills.
Quit today!**



Smoking kills nearly 6 million people each year, of which more than 600,000 are non-smokers dying from breathing second-hand smoke.

Smoking can cause serious long-term health complications and is one of the leading causes of preventable death, know the risks.

QUIT TODAY!



Quitting smoking offers immediate and long-term benefits and reduces the risk of developing smoking-related diseases and improves your health in multiple ways. Tobacco smoke is enormously harmful to your health, and there is no safe way to smoke. Replacing your cigarette with a cigar, pipe, or hookah won't help you avoid the health risks associated with tobacco products. Cigarettes contain about 600 ingredients.

When they burn, they generate more than 7,000 chemicals, according to the American Lung Association. Many of those chemicals are poisonous, and at least 69 of them can cause cancer. Did you know according to the National Cancer Institute, cigars have a higher level of carcinogens, toxins, and tar than cigarettes?

Diseases Caused by Long-term Smoking

A lifetime smoker is at high risk of developing a range of potentially lethal diseases, including:

Cancer – Of the lung, mouth, nose, larynx, tongue, nasal sinus, oesophagus, throat, pancreas, bone marrow (myeloid leukemia), kidney, cervix, ovary, ureter, liver, bladder, bowel and stomach.

Lung diseases – Such as chronic bronchitis and chronic obstructive pulmonary disease, which includes obstructive bronchiolitis and emphysema.

Other effects on the body caused by long-term smoking:

- Coronary artery disease, heart disease, heart attack and stroke
- Ulcers of the digestive system.
- Osteoporosis and hip fracture.
- As well as poor blood circulation in feet and hands, which can lead to pain and, in severe cases, gangrene and amputation.

Circulatory System – Smoking can cause raised blood pressure and heart rate, less oxygen carried by the blood that makes it more prone to clotting. Damage to the lining of the arteries, Reduced blood flow to extremities (fingers and toes) and increased risk of stroke and heart attack due to blockages of the blood supply.

Respiratory System – Did you know smoking could cause irritation of the trachea (windpipe) and larynx (voice box), reduced lung function and breathlessness due to swelling and narrowing of the lung airways and excess mucus in the lung passages. As well as impairment of the lungs, smoking increases the risk of lung infection and symptoms such as coughing and wheezing, permanent damage to the air sacs of the lungs.

Immune System and Musculoskeletal System – Greater susceptibility to infections such as pneumonia and influenza, more severe and longer-lasting illnesses, lower levels of protective antioxidants (such as vitamin C), in the blood, tightening of certain muscles and reduced bone density can all be caused by tobacco use.

Sexual and Reproductive Organs

Male Body – Lower sperm count, higher percentage of deformed sperm, genetic damage to sperm, impotence (which may be due to the effects of smoking on blood flow) as well as damage to the blood vessels of the penis.

Female Body – Smoking can cause reduced fertility, menstrual cycle irregularities or absence of menstruation, increased risk of cancer of the cervix and a greatly increased risk of stroke and heart attack if the smoker is aged over 35 years and taking the oral contraceptive pill.

Smoking while pregnant exposes a woman and her unborn child to an increased risk of health problems including ectopic pregnancy, miscarriage, premature labour, and sudden unexpected death in infancy (SUDI), which includes sudden infant death syndrome (SIDS).

The Most Damaging Components of Tobacco Smoke

Nicotine is the addictive drug in tobacco smoke that causes smokers to continue to smoke. Addicted smokers need enough nicotine over a day to 'feel normal', satisfy cravings or control their mood.

How much nicotine a smoker needs determines how much smoke they are likely to inhale, no matter what type of cigarette they smoke. Tobacco smoke contains over 69 known cancer-causing chemicals, which can harm nearly every organ in the body, causing many diseases and reducing health in general.

Tar – this is the collective term for the various particles suspended in tobacco smoke. The particles contain chemicals, including several cancer-causing substances (carcinogens). Tar is sticky and brown, and stains teeth, fingernails and lung tissue.

Carbon monoxide – This odorless gas is fatal in large doses because it takes the place of oxygen in the blood. Each red blood cell contains a protein called hemoglobin that transports oxygen molecules around the body. However, carbon monoxide binds to hemoglobin better than oxygen. In response, the body makes more red blood cells to carry the oxygen it needs, but it makes the blood thicker. This means that when the body demands more oxygen during exercise, less oxygen reaches the brain, heart, muscles and other organs.



Hydrogen cyanide – the lungs contain tiny hairs (cilia) that help to clean the lungs by moving foreign substances out. Hydrogen cyanide stops this lung clearance system from working properly, which means the poisonous chemicals in tobacco smoke can build up inside the lungs. Other chemicals in smoke that damage the lungs include hydrocarbons, nitrous oxides, organic acids, phenols and oxidizing agents.

Oxidizing chemicals – these highly reactive chemicals (which include free radicals) can damage the heart muscles and blood vessels. They react with cholesterol, leading to the build-up of fatty material on artery walls. Their actions lead to heart disease, stroke and blood vessel disease.

Metals – tobacco smoke contains dangerous metals including arsenic, cadmium and lead. Several of these metals are carcinogenic.

Radioactive compounds – tobacco smoke contains radioactive compounds that are known to be carcinogenic.

The Health Benefits Of Quitting Smoking

From the moment you quit smoking, your lung function begins to improve as the tiny lung hairs called cilia regain their ability to work at clearing mucous and other matter. A few months after you quit smoking you will begin to notice all sorts of positive changes, such as a reduction in coughing and wheezing, and improved breathing.

There is also a reduced likelihood of getting respiratory infections such as bronchitis. Starting a fitness routine will help curb cravings and get you on the road to better health. Remember that some activity is better than no activity but, before you start, it is advisable to discuss your physical activity plans with your doctor.

Reasons To Start Exercising After You Quit Smoking

- Increases the natural 'feel good' chemicals in your brain.
- Can act as a distraction from smoking
- Can allow us to change our old smoking routines
- May help reduce nicotine cravings

Save Money When You Quit Smoking

Cigarettes cost money and the cost is increasing all the time. Have you considered how much money you could save by quitting smoking and being a non-smoker? What would you do with all the extra money? Work out the cost of smoking and how you might use it on a piece of paper and carry it with you.

