

Steps for Coping with Quitting

Where you live/play/volunteer

- Avoid places where people smoke
- Remove ashtrays and other things that remind you of smoking

Handling Cravings

Think of the 4 **D**'s when you get cravings:

- **D**eep breathe
- **D**istract yourself
- **D**elay the smoke by 5 minutes
- **D**rink water

Dealing with Stress

- Think of what triggers you to smoke and plan to avoid them

Proven Tools for Quitting

- Set a quit date
- Seek support (quitline, online, doctor, pharmacist)
- Prescription medications from your doctor or Nicotine Replacement Therapy (gum, patch, inhaler, or lozenge)
- Support from family and friends
- Personal belief that you can quit

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Steps for Getting Help to Quit

Family Doctor/Pharmacist

- Provide counselling and advice about medications that can help

BC Smoking Cessation Program

- **FREE** Nicotine gum or nicotine patch by calling HealthLinkBC at **8-1-1**
- Smoking cessation drugs (Champix™ or Zyban™) with coverage according to your PharmaCare plan rules. Call Health Insurance BC at 1-800-663-7100 to determine your coverage. When you next see your doctor, you can ask about smoking cessation drugs

Online Support

- **FREE** web-based quit smoking help
- Support from experts as well as lots of others who have quit or are trying to quit smoking
- Click www.quitnow.ca

Phone Support

- **FREE** telephone counselling available 24/7; trained care coaches will help you in developing a quit plan
- Call **1-877-455-2233**

Government Services for Seniors

- Website for seniors, click www.SeniorsBC.ca

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Take The Smart Steps...



It's Never Too Late to Quit Smoking



THE  LUNG ASSOCIATION™
British Columbia

Steps To Better Health

- It is never too late to quit smoking
- Long time smokers get more short-term health gains from quitting than younger smokers
- Within days of quitting, breathing becomes easier and taste and smell improve
- Quitting smoking helps the body remain healthy and strong which leads to longer independence
- Drinking lots of water, eating fresh fruit and vegetables and participating in regular physical activity, will keep you healthy and regular while your body adjusts to a new routine
- Non-smokers recover more quickly from surgery and from injuries related to a fall

Pamela Wray's advice:

"Try to get fit with activities you are able to enjoy, one step at a time. Throw away the junk food. After a while it seems redundant to smoke... besides food tastes better and your sense of smell returns."

It Can All Be in Your Head



- Studies have shown that if you have a strong belief that you can quit smoking you have greater chance of success
- Quitting without help (cold turkey) can work, but your chances of successfully quitting improve when you add counselling and other tools like medication to your quit plan



"Tobacco was involved in almost all of the ailments that I had suffered from."

"Since I quit I have become so much healthier in all ways."

Meet Pamela Wray

Pam was 72 years old when she quit; she had smoked for over half a century.

Pam decided to stop smoking one chilly evening when it was too cold to get cigarettes. An added reason for her to quit was the BC Lung Association's QuitNow & WIN contest she saw advertised on TV. Pam says: "Quitting was difficult, but I was aware of what triggered my smoking and I was tired of the coughing, the stink and the cost."

Pam says: "It is never too late to quit! Regardless of your age you will benefit so much by quitting: financially, physically and psychologically. No matter what your health situation, not smoking will make you feel better, smell better and... there will be more money in your wallet!"

