

## SMOKING

### DID YOU KNOW?

- Smokers are **3 times** more likely to die of heart disease
- Smokers are **3 times** more likely to have a stroke and have nearly **double the risk** of ischemic stroke.
- Smokers who have high blood pressure, and/or high cholesterol are **4 to 8 times more likely** to have heart disease or stroke
- Smoking **increases your risk** of developing angina (chest pain).  
If your heart is not getting sufficient blood flow, you can experience chest pain
- Smokers are **more likely** than non-smokers to have atherosclerosis (hardening of the arteries).  
Atherosclerosis is often called hardening of the arteries. This is the buildup of fatty deposits on the inside of the arteries. This build up makes it harder for the blood to get through the arteries and leads to higher blood pressure.
- Smoking is the **greatest single risk factor** leading to peripheral vascular disease (blood vessel disease).  
When the blood vessels are diseased or damaged, you often suffer from cold hands or feet, if a blood clot should form in your arm or leg, you could have pain, lose the use of that limb, or even require amputation. Physicians call this peripheral vascular disease.
- Individuals with diabetes are at **greater risk** of peripheral vascular disease

### The good news!!

- **Within 48 hours**, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve
- **Within 1 year**, your risk of developing heart disease or stroke is half of that of a smoker
- **Within 5 – 15 years** your risk of heart attack is the same as someone who never smoked at all

### Cutting Down and Tapering Strategies for Smoking Cessation

1. Smoke Only ½ of the cigarette
2. Make your car, workshop, studio or house smoke free
3. Enlist the support of your family, friends and colleagues – tell them that you are quitting so they won't offer you cigarettes or smoke in front of you
4. Buy a brand of cigarettes that you dislike
5. Delay the time between each cigarette or when you are craving a cigarette, try to wait at least 15 minutes
6. Chew gum or crunchy foods (ie. Carrot sticks)
7. Keep yourself busy and your hands occupied
8. Track your cigarettes so you are aware of exactly how much you are smoking and under what circumstances.
9. Avoid coffee, alcohol and any other triggers that you link with smoking
10. Change your routine (i.e. Go for a walk immediately after meals, eat breakfast in another room)

## Practice the 4- D's

Distraction  
Delay the cigarette  
Drink Fluids  
Deep Breath



## Preparing for Quit Day

- A few weeks prior to quit day, limit your smoking to only one room in your home or completely make it smoke free. This room should be the least comfortable room in your home.
- Clean out your car and clean/deodorize your home
- Visit the dentist to get your teeth cleaned. With the tar and nicotine removed from your teeth you are literally starting with a fresh mouth
- Monitor alcohol and caffeine consumption before and after quit date as these can be seen as triggers to use
- Get lots of rest leading up to your quit day
- Drink lots of fluids as this can help with cravings
- Use healthy oral substitutes such as sugarless gum, carrot sticks, sunflower seeds, raisins, etc. This will help keep your mouth stimulated.
- Repeat your reasons for quitting or post a list on your fridge where you will be constantly be reminded
- Plan activities for your first week of being smoke free. Keeping yourself occupied is important as well as planning activities that do not place you in high-risk situations
- Occupy your hands with toothpicks, pencil, rubber bands, etc
- Be aware of cigarette advertisements or other triggers
- Never allow yourself to think that one cigarette won't hurt. Many smokers relapse when they believe they can control their smoking. This is harmful because even if you are able to control your cigarette consumption for a while it generally ends up increasing to where it was before you quit
- Use your support system and be assertive and direct when asking for help