



SMART STEPS

for quitting
commercial tobacco

quitnow.ca



BC LUNG
FOUNDATION



Tip: For more information and help with quitting, go to www.quitnow.ca or call the quitline at 1.877.455.2233.

Want to Quit? We'll Show You How.

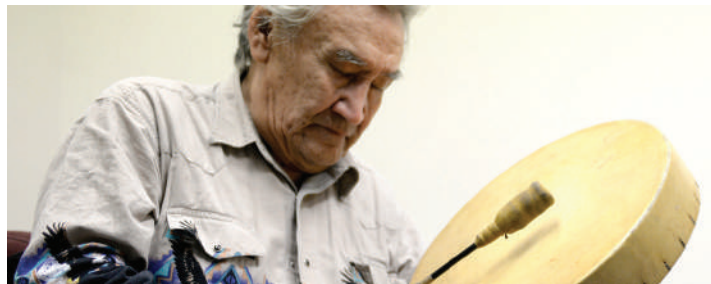
Are you preparing to quit using commercial tobacco? Quitting can be challenging, especially if you don't know where to start. This booklet can help you take steps by providing information, tips and activities to plan your quit.

Table of Contents

Message from Elder Leonard Ward.....	3
Traditional vs. Commercial Tobacco	4
Why do you want to quit?	7
Quit Smoking Aids	13
• Nicotine Replacement Therapy (NRT)	13
• Prescription Medication	19
• Traditional Healing.....	20
Counselling	21
• Free QuitNow Support	22
Quit Smoking Tips.....	23
• Getting Through Withdrawal	23
• Identify & Plan For Triggers.....	24
• Conquering Cravings	26
• Slips and Relapses	27
• Other Tips	28



Message from Elder Leonard Ward



Leonard Ward, Elder
Stellat'en First Nation,
Fraser Lake, BC

"I had a hard time health-wise. I use to be able to run no problem. The challenge I faced was a lot of negative energy that came whenever I smoked.

My father was a traditional healer and he said to give up smoking to the Creator for the purpose of healing. When I started my fast I put four (cigarettes) on the sacred mount in front of the sweat lodge and when I came out I didn't feel like smoking after that."

Did you know?

Using tobacco in non-traditional ways (like smoking cigarettes, chewing tobacco, or snuff) is counter to its traditional purposes. Start taking steps toward keeping tobacco sacred.

The BC Lung Foundation would like to respectfully acknowledge Leonard's passing and thank him for his dedication in furthering his community's health and well-being, as well as his family for allowing the continued use of his words and image.

Traditional vs Commercial Tobacco

Traditional Tobacco

For thousands of years, natural tobacco has been an integral part of Indigenous culture in many parts of British Columbia and Canada. Used in ritual, ceremony, and prayer, tobacco was considered a sacred plant with immense healing and spiritual benefits. For these reasons, the tobacco plant should be treated with great respect.

We should also be very careful not to confuse traditional tobacco and its sacred uses with commercial tobacco and the addiction epidemic that we see today. When tobacco is used in a non-traditional manner, like smoking cigarettes or chewing tobacco/ snuff, can cause diseases including lung

cancer, heart disease, cancers of the upper respiratory tract, and pregnancy risks.



Did you know?

Traditional tobacco is a mixture of natural ingredients, not just the tobacco plant. It may be burned, as in a 'smudge ceremony' or wrapped in fabric and given as a sacred gift.

The First Nations Health Authority
Source: fnha.ca/wellness/wellness-and-the-first-nations-health-authority/wellness-streams/respecting-tobacco

Commercial Tobacco Facts



Cigarettes

Cigarettes contain thousands of toxic chemicals, as well as nicotine, making them extremely addictive. Smoking is the leading cause of preventable death and disease in North America and cigarettes harm every organ in your body. The biggest dangers include lung cancer, mouth cancer, and heart disease.

Smokeless Tobacco

Smokeless tobacco is tobacco that is not inhaled (including chewing tobacco, snuff, and snus.)

Just like cigarettes, all forms of smokeless tobacco are highly addictive and dangerous, causing cancers of the mouth, stomach, and bladder, as well as heart disease and dental problems.

A Note on E-cigarettes

Vaping products (also known as e-cigarettes, vapes, juuls, mods, etc.) are electronic nicotine delivery devices that heat a liquid solution to produce a vapour. Many still contain nicotine, making them addictive, as well as other chemicals known to irritate the lungs.

Vaping products share many of the same risks as tobacco products and also have their own distinct risks.

We are still learning about the long-term health risks, but vaping can increase one's risk of heart disease, asthma and other respiratory conditions, and damage one's immune system.



Did you know?

Some people have found success using vaping to quit smoking, but vaping still carries health risks.

We recommend that anyone trying to quit smoking first use the proven quit methods described in this booklet.

Why do You Want to Quit?

For health

Almost as soon as you quit, your body starts to heal from the damage caused by commercial tobacco.

Within 8 Hours:

- oxygen level goes back to normal
- carbon monoxide level drops

Within 48 Hours:

- chances of having a heart attack start to decrease
- taste and smell start improving

Within 72 Hours:

- breathing will get easier as your airways relax
- lung capacity begins to increase

2 Weeks to 3 Months:

- circulation improves and exercising becomes easier
- lung capacity can increase by as much as 30%

Within 6 Months:

- reductions in coughing, sinus congestion, tiredness, shortness of breath and colds

Within 1 year:

- 50% less likely to have a heart attack caused by smoking

Within 10 Years:

- risk of dying from lung cancer will decrease by half

Within 15 Years:

- risk of dying from a heart attack is the same as a person who has never smoked

Why do You Want to Quit?

For savings

Another reason to quit smoking is the money you can save. For example, the chart below shows what someone who smokes a pack a day will save over time.

For example, if you smoke 1 pack of cigarettes per day and each pack is \$15, in one day you would save \$15, in 1 week you would save \$105 ($\15×7) and in 1 month (4 weeks) you would save \$420 ($\105×4 weeks).

After...	1 week	1 month	6 months	1 year	10 years
I would save...	\$105	\$420	\$2,520	\$5,040	\$50,400

One way to stay motivated throughout your quit is to keep track of how much you've saved by not buying commercial tobacco. What will you do with the money you save?

Tip: To see how much you're saving, start a reward jar. Whatever you usually spend on commercial tobacco, add to a jar or bank account.



Why do You Want to Quit?



For friends and family

Your health and wellness affects your friends, family, and community. Your decision to be smoke- and vape-free and live a longer, healthier life benefits everyone around you.

especially dangerous for pregnant mothers, babies, children, and Elders.

Being a role model

By quitting smoking or vaping you can be a role model and a leader. You can inspire friends and family to go smoke- and vape-free, or not to start in the first place.

Second-hand smoke

Smoking around others is harmful to their health. Second-hand smoke is

What Are Your Reasons for Quitting?

The chart below can help you sort out the costs and the benefits of tobacco use. Use this to figure out how to get the benefits of quitting in other ways.

The Benefits of Tobacco Use	The Costs of Tobacco Use
Helps me feel relaxed (example only)	I have to go outside in the cold to smoke (example only)
The Benefits of Quitting	The Costs of Quitting
I will save lots of money (example only)	I will have to avoid my friends who smoke (example only)

My Biggest Reason for Quitting

On the square below, write down your most important reason for quitting. Cut it out, and place it somewhere you'll see every day, like your bathroom mirror or refrigerator.

Use this to remind yourself to keep motivated when you struggle with cravings. Whenever you see it, try to strengthen your resolve to stay smoke or vape-free.

My Biggest Reason for Quitting Is...

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Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy (NRT) helps you ease off nicotine without the harmful effects of inhaling smoke. NRTs include the nicotine patch, gum, lozenge, or mouth spray.

NRT allows you to reduce withdrawal as you learn to change your behaviour. Health Canada recommends using NRT because it doubles your chances of quitting when used properly along with counselling.

Nicotine patches, gum, or lozenges are available through Pharmacare's BC Smoking Cessation Program or FNHA Health Benefits. Visit your local pharmacy for more information or contact PharmaCare at 1-800-663-7100. You can also contact FNHA Health Benefits (phone toll-free:

1-855-550-5454 or email: healthbenefits@fnha.ca).



Note: The BC Smoking Cessation Program does not currently offer coverage of NRT or quit-smoking medications for British Columbians looking to quit vaping only. However, these products are safe to use for vaping cessation and can be purchased from your local pharmacy if desired.

Important Information

Nicotine Replacement Therapy (NRT) is an over-the-counter medication and does not require a prescription. Please speak with your pharmacist or physician before using NRT if any of the following apply to you:

- Pregnant or breastfeeding
- Being treated for any serious heart condition
- Heart attack or stroke within last 2 weeks
- Require kidney dialysis
- Use any prescribed medications regularly

Tip: Keep gum and lozenges tucked away in several locations so that you always have some close at hand if you have a craving.

- Less than 15 years of age
- Thyroid, liver or stomach problems
- Circulation problems
- Lung problems
- Brain disorders

WARNING: Stop using immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.



The Nicotine Patch

(Covered under the BC Smoking Cessation Program)

The nicotine patch is an over-the-counter quit aid that is applied to the skin to release a controlled dose of nicotine over time.

Advantages

- Easiest to use of the available nicotine replacement therapies — just put it on once per day.
- Useful for those who smoke more heavily and need a steady release of nicotine.

Possible Side Effects:

Headaches, cold or flu-like symptoms, dizziness, anxiety, sleep problems, vivid dreams, stomach upset, mild itching, burning, and tingling.



Note: If you are still experiencing cravings you can use nicotine gum or lozenge together with the patch to make you feel more comfortable. The combination of products is not covered by the BC Smoking Cessation Program.



NICORETTE® Nicotine Gum

(Covered under the BC Smoking Cessation Program)

Nicotine gum only contains nicotine, which is released through the lining of the mouth when used as directed, allowing you to receive nicotine when you have a craving for a cigarette.

Advantages

- Best for those who smoke occasionally and who just want to manage occasional cravings or stress.

- Dosing can be easily individualized depending on your needs. Notes:
- The nicotine reaches the brain faster than with the nicotine patch. It takes 15-30 minutes for the gum to start working.
- Not chewed like normal gum: the correct technique is to bite twice and then park the gum against your cheek for one minute and repeat for 30 minutes.
- The taste of nicotine gum can be unpleasant at first but most people get used to it with regular use.

Possible Side Effects:

- nausea and stomach upset
- mouth, throat or gum irritation
- jaw ache
- hiccups
- headache



NICORETTE® Nicotine Lozenge

(Covered under the BC Smoking Cessation Program)

The nicotine lozenge is similar to a cough drop or a throat lozenge, allowing you to receive nicotine when you have a craving for a cigarette.

Advantages

- Easy to use.
- Small lozenge that dissolves in the mouth.
- Helps to manage the symptoms of nicotine withdrawal.

- You can choose the strength of lozenge to use, depending on the number of cigarettes you smoke per day.

Notes:

- Comes in two strengths, so talk to a pharmacist to find which is right for you.
- Occasionally move the lozenge from one side of your mouth to the other.
- Though it is like a hard candy, don't bite, swallow, or chew.
- Try not to eat or drink 15 minutes before using or while lozenge is in your mouth.
- Takes 20-30 minutes to dissolve.
- Lozenges contain phenylalanine. Advise your healthcare provider if you have phenylketonuria.

Possible Side Effects:

Headache, dizziness, stomach upset, nausea, mouth, throat, or tongue irritation.



Nicotine Spray

The mouth spray* provides fast relief from cravings.

Advantages

- Provides fast relief from cravings: one to two sprays can control cravings in 60 seconds.
- Use as needed or when cravings hit.
- Reduces the symptoms of nicotine withdrawal cravings and irritability.

Notes

- Stop smoking completely before starting the mouth spray.
- As your body adjusts to not smoking, slowly reduce the number of sprays per day.
- Do not drink acidic beverages like coffee, tea, juice, and soda while using the mouth spray. The acid in these drinks can prevent your mouth from absorbing the nicotine.
- For best results, do not swallow for a few seconds after spraying.

Possible Side Effects:

- tingling lips
- hiccups
- throat irritation
- nausea or heartburn.

*Mouth spray is not free through BC PharmaCare.

Prescription Medications for Tobacco Cessation:

Unlike NRTs, which replace the nicotine found in commercial tobacco, prescription medications change the way that nicotine affects you. Prescription medications make smoking or chewing commercial tobacco less enjoyable and help ease withdrawal.

In Canada, these medications include:

Varenicline (Champix®)

How it works:

It blocks the pleasurable effects of nicotine to reduce cravings and withdrawal symptoms. If you start smoking again while taking the medicine, you won't feel as satisfied.



Bupropion (Zyban®)

How it works:

It helps balance chemicals in the brain to reduce withdrawal symptoms.

Note: These medications require a prescription. Discuss your medical history with your physician before using either of these medications. You may be eligible for a subsidy through BC PharmaCare - First Nations Health Benefits Plan.

For more information, please contact PharmaCare at 1-800-663-7100.

Traditional Healing

What are some traditional healing methods practiced in your community?

Many Indigenous communities have their own traditional healing methods for treating addiction to commercial tobacco. These methods may include herbal medicines, ceremonies, and prayer. Traditional healing provides physical, as well as emotional and spiritual support.

Did you know?

Using tobacco in non-traditional ways (like smoking cigarettes, chewing tobacco, or snuff) abuses its traditional purpose. Start taking steps toward keeping tobacco sacred.



Counselling

Studies have shown that combining medications with counselling can double your chances of success in quitting for good.

Where to get counselling?

QuitNow provides free counselling by phone, live chat and text.

How to get started with QuitNow counselling:

- Call 1-877-455 2233 (toll free)
- Go to www.quitnow.ca

After signing up with QuitNow, you will be set up with a Quit Coach who will help you make a plan, answer questions, and walk you through the whole process.



Coaching:

Professional Quit Coaches are here to help you every step of the way by phone, instant chat or text message. Visit www.quitnow.ca/coach

quitnow.ca

Free QuitNow Support

QuitNow is managed by the British Columbia Lung Foundation and funded by the British Columbia Ministry of Health.



QuitNow is free for all British Columbians.

Whether you are looking for emotional support, information on how to quit or how to support someone else on their quit journey, QuitNow is here for you.



QuitNow can help you quit by providing:

Coaching:

- Available by phone, or text at 1.877.455.2233 or Live Chat www.quitnow.ca/chat.

Tips and motivation:

- Tips and reminders by email or by text
- Get started now by visiting www.quitnow.ca/texttips

Community support:

- Introduce yourself and read others' stories at www.quitnow.ca/forum
- Join our monthly group support sessions
- Visit us on social media — facebook, twitter, instagram and youtube

Getting Through Withdrawal

Nicotine withdrawal is common during the first few weeks of quitting commercial tobacco or vaping products. Below are common withdrawal symptoms, with ideas on how to get through them.

You might feel:	Reactions that can help:
Anxiety	Deep breathing, going for a walk, avoiding caffeine
Depression	Talking to a friend, Quit Coach or family member
Angry	Watch a funny show, laugh with friends
Drowsiness	Make sure to get enough sleep
Cravings	Do something with your hands, like like knitting or cooking
Sleeplessness	Avoid screens and bright lights before bed, reduce caffeine, reduce caffeine during the day
Coughing	See your doctor or nurse
Increased Hunger	Drink lots of water, eat healthy snacks

Did you Know? Effects of caffeine are much stronger after quitting tobacco – so if you feel anxious, try drinking less caffeine and see how you feel!

Know Your Triggers

Dealing with cravings is an important part of quitting commercial tobacco or vaping products. The best way to beat cravings is to avoid them in the first place.

Sometimes a craving will hit out of nowhere, but most of the time, something will directly trigger a craving. These triggers may be a situation or feeling that you used to experience while using commercial tobacco or vaping products.

Knowing your triggers ahead of time can help you stay in control and prompt you to take action ahead of time.

For example: For many people, driving a vehicle will trigger a craving. To avoid this craving, remove smoking or vaping items (matches, lighters, pods,



etc.) from the car and replace them with nicotine gum or other nicotine replacement products.

Plan for Triggers

What situations or feelings usually make you reach for a cigarette or vape? Feeling stress, anger, anxiety, being around others smoking or vaping, drinking coffee, drinking alcohol, watching television, driving, and finishing a meal are all common triggers. Think of the situations that used to make you want to smoke and fill them into the first column.

In the middle column, think of how you will avoid cravings altogether. For example, if you often smoke after you finish a meal, brush your teeth right after you eat to make your mouth feel fresh and replace the desire to smoke.

In the right column, think of how you will deal with the craving if you cannot avoid it. What will you do instead of having a cigarette?

I used to smoke when...	My plan to avoid a craving...	If I feel a craving, I will...
I finished a meal	Suck on a hard candy after eating a meal	Brush my teeth and do the dishes until my craving leaves
I was around other smokers	Tell the people in my life that I am quitting and ask those who smoke not to offer me any	Stay indoors where I can't smoke - I leave the group if necessary to avoid caving

Control Your Cravings

Cravings will be the most intense for the first few days after you quit. It's helpful to realize that cravings usually only last three to five minutes. To get through cravings, remember the 4 Ds: delay, distract, deep breaths, and drink water.



Delay – Because cravings tend to last for less than five minutes, if you can delay giving in, you will beat them every time. Put yourself into a situation where it is impossible to smoke: take a shower or stay indoors in a place where smoking is not allowed.



Distract – It is easier to wait out your craving if you take your mind off of it by distracting yourself with an activity. Try cleaning up, eating a healthy snack, talking to a friend, or calling one of our Quit Coaches.



Deep Breaths – The process of inhaling and exhaling deeply tricks your body into feeling as though it is already relaxed, which in turn, does relax you! Try taking five slow, deep breaths with your mind focused.



Drink Water – Having a drink of water changes the feeling and taste in your mouth while keeping you hydrated.

Slips and Relapses

Slips and relapses are extremely common. Recent studies suggest that it may take an average of 30 attempts to quit smoking for good. Instead of beating yourself up, think of setbacks as an opportunity to learn from mistakes and move forward.

How to move forward

Acknowledge Take your slip seriously. Realize that you have made a mistake, but that you are still capable of getting back on track.

Reflect Think about what caused your slip and what you might do differently next time. Is there a particular trigger (situation, place, or person) that made you want to smoke or vape?

Plan Now that you've experienced a slip, think about how you will confront the next slip-up. Is there another strategy you could use to cope with your craving?

Try again Get back on track as soon as possible: if you are determined to stop smoking you can do it!



Managing Setbacks:

Setbacks are not a failure, but rather an opportunity to learn. The more you learn, the better your chances of success. The effort is worth it. Visit www.quitnow.ca for more strategies and tips.

Other Tips

Avoid alcohol Alcohol is a double threat. It triggers cravings while reducing self-control. Many people stay away from alcohol for the first few weeks or months until they feel strong enough to resist the urge to smoke.

Have a Quit Buddy Having a quit buddy can help you stay on track. Do you have a friend who also wants to quit smoking? Ask them to quit with you - your chances of success are much better together!

When I am	I will
1 week tobacco free	
1 month tobacco free	
6 months tobacco free	
1 year tobacco free	

Celebrate milestones
Quitting smoking is a big achievement! Celebrate each month you stay smoke-free with your friends and family or reward yourself using some of the money you have been saving.

Activity: How will you celebrate milestones?
Write down the ways that you'll celebrate each milestone. Celebrations don't have to be huge — they can be small actions that you do for yourself as rewards for your hard work. They could include having a candy bar, celebrating with friends, or rewarding yourself with a cake.

Support Can Make All the Difference!

For Help with Quitting Call or Click:

1.877.455.2233
www.quitnow.ca

The British Columbia Lung Foundation is thankful for the generous contribution of the Canadian Cancer Society and the Fraser Health Authority in the development of this brochure.



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