Want to quit? We’ll show you how.
Are you a smoker about to quit using commercial tobacco? Quitting is not easy, 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.

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Tip
For more information and help with quitting, go to www.quitnow.ca or call the quit line at 1.877.455.2233.
Message from Elder Leonard Ward

Leonard Ward, Elder

Stellat’en First Nation, Fraser Lake, BC

“I had a hard time health-wise. I used 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.”

The BC Lung Association 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.

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.
Traditional Tobacco

For thousands of years, natural tobacco has been an integral part of Aboriginal 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, it causes lung diseases including lung cancer, heart disease, cancers of the upper respiratory tract, and pregnancy risks.

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

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.
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 in North America and cigarettes harm almost 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.

Did you know?
Though some people believe that using smokeless tobacco will help them quit smoking, studies have shown that this is not effective.
A note on e-cigarettes

E-cigarettes are different than regular cigarettes as they do not contain smoke or tobacco. Many still contain nicotine, making them addictive, as well as other chemicals known to irritate the lungs.

At the time of publishing (2018) there have not been any studies that describe the long-term health problems caused by e-cigarette use.

E-cigarettes are unregulated in Canada, meaning that there is no way of knowing exactly what they contain. Plus, the studies are not conclusive on whether e-cigarettes will help with quitting tobacco.

As a result, we recommend that anyone trying to quit smoking use the proven methods described in this book.

Did you know?

E-cigarettes have not been approved as a quit smoking aid in Canada, but some people say they do help them quit. E-cigarettes may not be as harmful as regular cigarettes, but they should be used with caution.
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:
- Your oxygen level goes back to normal

Within 48 Hours:
- Your chance of having a heart attack goes down and your senses of taste and smell improve

Within 72 Hours:
- Your breathing gets easier

Within 2 Weeks to 3 Months:
- Exercise becomes easier and the look of your skin improves

Within 6 Months:
- You have less congestion, coughing and colds

Within 1 Year:
- Your heart attack risk drops by 50%

Within 5 Years:
- Your stroke risk is the same as a non-smoker

Within 10 Years:
- Your risk of dying from lung cancer goes down by 50%

Within 15 Years:
- Your risk of dying from a heart attack is the same as a non-smoker
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 a pack-a-day smoker will save over time, assuming they spend $9 on a pack.

<table>
<thead>
<tr>
<th>After...</th>
<th>1 week</th>
<th>1 month</th>
<th>6 month</th>
<th>1 year</th>
<th>10 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>I would save...</td>
<td>$63</td>
<td>$252</td>
<td>$1,512</td>
<td>$3,024</td>
<td>$30,240</td>
</tr>
</tbody>
</table>

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-free and live a longer, healthier life benefits everyone around you.

Second-hand smoke
Smoking around others is harmful to their health. Second-hand smoke is especially dangerous for pregnant mothers, babies, children, and Elders.

Being a smoke-free role model
By quitting smoking you can be a role model and a leader. You can inspire friends and family to go smoke-free, or not to start in the first place.
What are your reasons for quitting?

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

<table>
<thead>
<tr>
<th>The Benefits of Tobacco Use</th>
<th>The Costs of Tobacco Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Helps me feel relaxed</td>
<td>Example: I have to go outside in the cold to smoke</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Benefits of Quitting</th>
<th>The Costs of Quitting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: I will save lots of money</td>
<td>Example: I will miss smoking with my friends</td>
</tr>
</tbody>
</table>
My biggest reason for quitting

On the square below, write down your most important reason for quitting smoking. 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-free.

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

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

Nicotine patches, gum, inhaler, or lozenges are available through PharmaCare. Visit your local pharmacy for more information or contact PharmaCare at 1-800-663-7100.

**WARNING:** NRTs are over-the-counter medications. Please speak with your pharmacist, physician, or nurse practitioner before starting an NRT if you are experiencing chest pain, irregular heartbeat, palpitations, leg pain, or persistent stomach pain.
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 two weeks
- Require kidney dialysis
- Use any prescribed medications regularly
- Less than 15 years of age
- Thyroid, liver, or stomach problems
- Circulation problems
- Lung problems
- Brain disorders

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

Tip
Keep gum, lozenges, or inhalers tucked away in several locations so that you always have some close at hand if you have a craving.
Nicotine Patch

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 heavier smokers who need a steady release of nicotine.
- Dosing can be individualized depending on your needs.
- If you are still experiencing cravings, you can use nicotine gum, lozenges, or an inhaler together with the patch to make you feel more comfortable.

**Notes:**

- User applies the patch to skin for 24 hours per day, without needing to change.
- User applies the patch to a different skin site everyday.

**Possible side effects include:**

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

The inhaler is a plastic cigarette-shaped cartridge containing 4 mg of nicotine.

**Advantages:**
- Can use different schedules to help control cravings.
- Good for occasional smokers.
- Mimics the hand-to-mouth motion of a cigarette.
- If you are still experiencing cravings, the dosage can be easily increased.

**Notes:**
- Stop smoking completely before starting the inhaler.
- Nicotine reaches the brain faster than with the nicotine patch. It takes 15-30 minutes for the inhaler to start working.
- Avoid coffee, tea, soft drinks, or citrus juices 15 minutes before or after using the inhaler, gum, or lozenges, as these drinks reduce the absorption of nicotine.

**Possible side effects include:**
- Chest pain, irregular heartbeat, palpitations, leg pain, persistent stomach pain, rash, or hives.
Nicotine Gum

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 occasional smokers 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 include:**
- Nausea or stomach upset, mouth, throat, or gum irritation, jaw ache, hiccups, headaches, or trouble sleeping.
Nicotine Lozenge

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 include:**

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 include:
Tingling lips, hiccups, throat irritation, nausea, or heartburn.

*Mouth spray is not free through BC PharmaCare.
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.

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

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.

What are some traditional healing methods practiced in your community?

Using tobacco in non-traditional ways like smoking cigarettes or chewing tobacco or snuff is abuse of 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 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.
Free QuitNow Support

QuitNow is managed by the British Columbia Lung Association 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’s quit, QuitNow is here for you.

QuitNow can help you quit by providing:

**Coaching:**
- Available by phone, instant chat, or text

**Daily motivation:**
- Tips and reminders by email or by text
- Get started now by texting QUITNOW to 654321

**Community support:**
- Introduce yourself and read others’ stories at QuitNow.ca/forum
- Visit www.facebook.com/QuitNowBC
Getting Through Withdrawal

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

<table>
<thead>
<tr>
<th>You might feel:</th>
<th>Reactions that can help:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Deep breathing, going for a walk, avoiding caffeine</td>
</tr>
<tr>
<td>Depression</td>
<td>Talking to a friend, Quit Coach or family member</td>
</tr>
<tr>
<td>Angry</td>
<td>Watch a funny show, laugh with friends</td>
</tr>
<tr>
<td>Drowsiness</td>
<td>Make sure to get enough sleep</td>
</tr>
<tr>
<td>Cravings</td>
<td>Do something with your hands, like crafts or knitting</td>
</tr>
<tr>
<td>Sleeplessness</td>
<td>Turn off lights, screens, reduce caffeine during the day</td>
</tr>
<tr>
<td>Coughing</td>
<td>See your doctor or nurse</td>
</tr>
<tr>
<td>Increased Hunger</td>
<td>Drink lots of water, eat healthy snacks</td>
</tr>
</tbody>
</table>

Did you know?

Effects of caffeine are much stronger after quitting smoking – 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. 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.

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 for smoking. To avoid this craving, remove smoking items (matches, lighters, 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? Feeling stress, anger, anxiety, being around smokers, 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?

<table>
<thead>
<tr>
<th>I used to smoke when ...</th>
<th>My plan to avoid a craving ...</th>
<th>If I feel a craving, I will ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>I finished a meal</td>
<td>Suck on a hard candy after eating a meal</td>
<td>Brush my teeth and do the dishes until my craving leaves</td>
</tr>
<tr>
<td>I was around other smokers</td>
<td>Tell the smokers in my life that I am quitting, ask them not to offer me smokes</td>
<td>Stay indoors where I can’t smoke - I leave the group if necessary to avoid caving</td>
</tr>
</tbody>
</table>
Conquering 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.

The 4 Ds

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 are extremely common. Recent studies suggest that smokers may take an average of 30 attempts to quit 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?

**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!
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!

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.

<table>
<thead>
<tr>
<th>When I am ...</th>
<th>I will ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 week smoke free</td>
<td></td>
</tr>
<tr>
<td>1 month smoke free</td>
<td></td>
</tr>
<tr>
<td>6 months smoke free</td>
<td></td>
</tr>
<tr>
<td>1 year smoke free</td>
<td></td>
</tr>
</tbody>
</table>
Support can make all the difference!

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quitnow.ca

QuitNow is the free, quit-smoking service, funded by the Government of British Columbia, and managed by the BC Lung Association.