

Breaking up with a Killer

A Few Reasons to Quit

- You're less likely to go deaf. Smokers have a 70% greater chance of developing hearing loss than those who don't smoke.
- They're also 70% more likely to have acid reflux.
- Your fingertips and teeth will look less yellow, as well as your walls.
- Your children/pets won't be breathing in second-hand smoke all the time. Also, children of smokers are twice as likely to smoke.
- Your life-insurance rate could go down.
- You may be more likely to get a date. A 2005 survey on 'Lavalife' found that 56% of Canadians would not date a smoker.

Animal Testing

Cigarette companies are some of the worst offenders for testing on animals, and they have been since the beginning. Lab rats are the most commonly abused animal in these types of situations, but did you know that beagles are also used quite heavily? These animals could be forced to inhale cigarette smoke for up to 6 hours each day for up to 3 whole years. In most situations, over 50% of the animals tested on will die. By supporting cigarette companies, you're supporting the abuse of animals.



After You Quit

- 20 minutes after you quit, your heart rate will drop back to normal
- After 2 hours, your circulation will improve and your blood pressure will drop back to normal
- After 48 hours, your nerve endings will start to grow back and your ability to smell and taste things will be enhanced
- After 2-3 weeks, your lung function will improve significantly and the cilia inside your lungs will begin to repair themselves
- After 1 year, your risk for heart disease drops by 50%
- After 5 years, your risk of having a stroke is the same as a non-smoker
- After 15 years, your risk for heart disease is the same as a non-smoker.

Money, Money, Money

Did you know that the average 'pack-a-day' smoker will end up spending approximately \$4,000 on cigarettes each year? Think of all the things you could do with that kind of money!



Nicotine Replacement Therapy

There are 5 forms of nicotine replacement therapy currently approved by the FDA:

1. Patches
2. Gum
3. Nasal spray
4. Inhalers and
5. Lozenges

Most of these can be used for up to 6 months, but you *must* stop using the lozenges after 3. The nasal spray and inhalers are both only available through a prescription.



The Dangers of Electronic Cigarettes

E-cigarettes are heavily marketed as being the safest alternative to cigarette smoking there is, but recent studies show that this just isn't true. E-cigarettes cause many of the same heart problems which regular cigarettes do, due to the fact that nicotine is still present, which has been proven to wear down your arteries over time and stunt brain development. Studies carried on by the FDA found that even the products which claimed to be 'nicotine-free' had traces of the dangerous chemical. Even among the list of common nicotine products (nicotine gum, patches, nasal spray, etc...) e-cigarettes rank low because they contain a toxic chemical which is found in anti-freeze and several nitrosamines. E-cigarettes are not approved by the FDA.



Quitting Cold Turkey

This may surprise you, but quitting cold turkey is actually the #1 way to quit smoking. It also has the smallest relapse rate. When a smoker quits altogether, it only takes 3 days for nicotine in the blood to be removed from their system, and around 3 weeks for all withdrawal symptoms to stop (it can take months when you're weaned off). This is because as long as there is nicotine in the blood stream, your body will continue to crave it.

The First Week

The first step is always the hardest, so here are some tips for surviving your first smoke-free week!

- Cut your intake of caffeine in half. It'll save you from the insomnia most people get when they first quit.
- If you're going to quit, quit altogether. This doesn't mean you have to quit cold turkey, but calling yourself a 'social smoker' isn't fooling anyone. You have to make a commitment.
- Chew on something to distract yourself from tobacco cravings, such as gum, raw carrots, or nuts.
- Drink plenty of fluids, but stay away from alcohol or caffeine.
- Remind yourself why you're quitting whenever you think you're going to relapse.

