

Smoking: QUIT IT!

Here we expose some real facts and myths on smoking and quitting. This will help you in making a decision to quit and seek help for it. We are here to help and feel free to contact us

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Myths and Facts!

- MYTH - Smoking relieves stress and helps me feel calm and relaxed.

FACT – Once you have stopped smoking, evidence clearly shows you will be calmer and happier. Ex-smokers and non-smokers feel less anxious, less depressed and less stressed than smokers. In the long term, nicotine depresses the ability of the brain to experience pleasure

- MYTH – I am unlikely to get a smoking related disease.

FACT – About half of regular smokers will eventually be killed by their addiction.

- MYTH – Smoking helps me stay thin and fit.

FACT – It is true that most people put on weight when they stop smoking. Smoking is more damaging to your health than being slightly overweight. You would have a BMI of 35 or more to have the same risks as smoking. Smoking certainly does not keep you fit, it reduces physical fitness and endurance by cutting down the amount of oxygen available in the body and forcing the heart to work harder. It also increases fatigue during and after exercise

- MYTH – I exercise regularly and eat healthily so it is okay to smoke.

FACT – Eating lots of fruit is good for your health and even moderate amounts of exercise are beneficial. But these protective effects are very small compared to the damaging effects of smoking. If you are a smoker, then keeping fit and eating healthily is not going to cancel out your increased risk of cancer or other smoking-related diseases

- MYTH – I only smoke occasionally, so that doesn't cause any health risks.

FACT – Occasional smoking is also dangerous, the risk of lung cancer is more than doubled and the risk of **heart attack** is increased by 50%. People who smoke just 1 to 4 cigarettes a day have much greater risks of dying from lung cancer or **heart disease** than non-smokers. Even occasional smokers, who have never smoked daily, have higher risks of most cancers, and double the risk of bladder cancer

- MYTH – Coughing is normal for a smoker.

FACT – So called smoker's cough is often the first sign that something is seriously wrong with your lungs. You should go to the doctor and get your lungs tested

- MYTH – It is best to rely on willpower alone when trying to stop smoking.

FACT – Willpower alone gives you the lowest chance of success of any method. Nicotine Replacement Therapy (NRT) and prescription medications improve your chances of stopping as does joining a stop smoking group and talking to a doctor/therapist. If you use medication and support you can quadruple your chances of success

- MYTH – I have been smoking for so long it is not worth giving up.

FACT – No matter how long you have been smoking it is worth quitting. **Within a year, the risk of heart attack reduces** and the risk of cancer is frozen at the level it was when you stopped. Every year that stopping smoking is postponed after the age of 40, life expectancy is reduced by 3 months. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking

- MYTH – I would never be able to cope with the withdrawal symptoms, they are so awful.

FACT – The withdrawal symptoms, which include mood disturbance, difficulty concentrating and increased appetite, can be controlled with nicotine patches, gum, or other medications

AT the clinics, we have OPD consultations which include the newest anticraving medications to help you QUIT and reduce the urge to smoke. Counseling services are also a part of the consultations to motivate you to stop smoking and maintain a smoke free lifestyle!