

Keep in Mind

Cigarette smoke contains more than 4,000 chemicals. Some of these chemicals are also found in wood varnish and rat poison.

Even a little secondhand smoke is dangerous. Nonsmokers who breathe secondhand smoke may:

- Develop cancer or heart disease
- Have breathing problems
- Get sick more easily
- Die younger than people who don't breathe secondhand smoke.

If you are pregnant or thinking about having a baby, there's no better time to quit smoking than now. Women who smoke have a harder time getting pregnant. If they do get pregnant, they risk losing the baby. Babies born to mothers who smoke:

- May be smaller than normal at birth
- Are more likely to die of sudden infant death syndrome
- May be restless, and get sick more often
- Are more likely to have learning problems as they develop.

FACT: Tobacco kills 6,000,000 people each year. That is one person every 6 seconds!

FACT: 600,000 non-smokers die each year from secondhand smoke exposure of those 200,000 are children.

FACT: Tobacco is a major risk factor for all non-communicable diseases killing up to half of its users.

FACT: Tobacco users die prematurely depriving families of income and security.

FACT: Tobacco use hinders economic development.

But there is good news. Quitting tobacco use can lead to immediate and lifetime health benefits. Quitting isn't easy, but when you follow these tips you'll have a better chance of staying tobacco-free.



Tips to Help You

Become Tobacco-Free

Environmental Health Department
Tobacco Control Unit
Namosi House, Amy Street, Toorak
P.O. Box 2223 Government Building
Suva, Fiji
Phone: 3215-056
Email: TobaccoFreeFiji@yahoo.com
Website: www.health.gov.fj

Congratulations!

So you have decided to stop smoking. Good for you! Deciding to quit is the first step on your journey to living a healthier tobacco-free life! Quitting isn't easy. You may try to quit several times before you're finally done with smoking. But you will learn something each time you try. Remember that millions of people have quit smoking for good. You can be one of them. The following are a few things to keep in mind as you begin your journey to quit tobacco for good.

There's **PRIDE** in Quitting Tobacco

You are taking a stand.
Controlling your life.
Taking responsibility.

Quit Tobacco. Make Everyone Proud!



“Even during the hardest of times, I never doubted that quitting tobacco was going to be the best thing I could ever do for me and my family. I did it. You can too. Just don't give up.”

- a former smoker

Preparing to Quit

Make the pledge to quit, and then promise yourself you'll do it. It's okay to have mixed feelings. Don't let that stop you.

1. Think about the reasons you want to quit. Write them down and tell others.
2. Understand what makes you want to smoke
3. Know your triggers and decide how you will avoid them
4. Know your options
 - * Just making the decision and sticking to it
 - * Medications including Nicotine Replacement Therapy - NRT
 - * Counseling
 - * Group support

START to Quit Tobacco

Set a quit date. Any time can be a good time to quit when you are ready to try. Some smokers like to pick a day that is meaningful to them, such as: a birthday or wedding anniversary, New Year's Day, World No Tobacco Day (31/5)

Tell family, friends, and coworkers you plan to quit and request understanding and support.

Anticipate and plan for the challenges you will face while quitting, particularly during the critical first few weeks. These include nicotine withdrawal symptoms.

Remove cigarettes and other tobacco products from your environment. Prior to quitting, avoid smoking in places where you spend a lot of time (work, home, car). Protect your family by making your home tobacco-free.

Talk to your health care provider about getting help to quit.

Remember the Long-Term Rewards

Don't think of it as just stopping smoking. Think of it as starting a new, healthier lifestyle. Once you quit smoking, you will add healthy days and years to your life. The health of your loved ones will also benefit as they will no longer be exposed to dangerous secondhand smoke. Finally, by quitting smoking, you're setting a good example.

Within 20 minutes of smoking that last cigarette, your body starts making healthy changes that will continue for years. You can look forward to the dramatic changes the moment you become an ex-smoker.

Plan to Reward Yourself

Make your own list of rewards. If they require a purchase, figure out the cost. Then plan for rewards that equal the amount of time you've succeeded in quitting (1 day, 1 week, 1 month, and so on). Put aside money that you used to spend on cigarettes to save for or buy some of them. You will be amazed at how fast the money adds up and how soon you will be able to buy your rewards.

Stop Smoking Start Healing:

Within 20 minutes

Blood pressure, heart rate begins to return to normal

12 hours

Carbon monoxide level in your blood drops to normal

72 hours

Bronchial tubes relax; lungs begin to eliminate debris and mucus

5 days

Nicotine eliminated from body

1 week

Sense of taste and smell improves

2 months

Energy levels increase; blood flow to limbs improved

3 months

Lung function increases by 30%

1 year

Heart attack risk halved;

5 years

Risk of stroke dramatically decreased

10 years

Lung cancer risk halved

15 years

Heart attack risk same as for someone who never smoked

The money you will save if you smoked one pack a day:

1 day	\$7.60
1 week	\$53.29
1 month	\$231.17
1 year	\$2,774.00
2 years	\$5,548.00
5 years	\$13,870.00
10 years	\$27,740.00