MINI-GUIDE
TO QUIT SMOKING

DISCOVER THE WINNING CONDITIONS

On my way through success!
QUITTING SMOKING IS ONE OF THE MOST PRECIOUS GIFTS YOU CAN GIVE YOURSELF TO IMPROVE YOUR HEALTH

THE BENEFITS BEGIN IMMEDIATELY AFTER...

...20 MINUTES
- Your pulse and blood pressure return to normal.

...8 HOURS
- The oxygen level in your blood increases to become normal.

...12 HOURS
- The risk of complications following an operation decreases.

...48 HOURS
- Nicotine is no longer detectable in your blood.
- Carbon monoxide is eliminated from your body.

...1 WEEK
- Your senses of taste and smell improve.

...3 MONTHS
- Your breathing improves (less coughing more breath).

...1 YEAR
- Your risk of heart attack decreases by 50%.

...3 YEARS
- Your risk of death due to lung cancer decreases by half.

...10 TO 15 YEARS
- The risks of heart attack and stroke are similar to those of a person who does not smoke.

Even if you have smoked for a long time, it is always advantageous to stop smoking.
GOOD MOTIVATION:
BEING MOTIVATED AND BELIEVING IN YOUR ABILITY TO SUCCEED IS THE FIRST CONDITION FOR SUCCESS.

What are your reasons for quitting smoking?
- For my health.
- For the health of those who live with me.
- To be more fit.
- To set an example for my loved ones.
- Other: _____________________

The benefits are many; become aware of the benefits that motivate YOU and always keep them in mind.

GOOD SUPPORT:

- Support from friends, family, community.
- Support from health centre professionals.
- Pharmacological help (patch, pill, lozenge, gum, inhaler or spray).

Double your chances of success by using pharmacological help in addition to the support of a health professional.
GOOD PREPARATION:

- Set a stop date “at the latest in one month.”
- Change your habits (e.g., walking after meals).
- Notify your loved ones of your decision and seek support (make an appointment with an intervener).
- Prepare your environment (put away ashtrays, prohibit smoking in your home, in your car).

Identify situations that make you want to smoke:
- After meals.
- When you get up.
- When drinking alcohol or coffee.
- Stressful events.
- Being with people who smoke
- Other: ____________________________

Find ways to help you resist the urge to smoke:
- Drink water, eat raw vegetables.
- Chew some sugar-free gum.
- Call a friend, an elder.
- Breathe slowly and deeply.
- Do an activity, occupy your hands.
- Other: ____________________________
FEAR OF WEIGHT GAIN:
The average weight gain is generally between 2 and 4 kilos. A body that is no longer stimulated by nicotine burns calories less quickly.

Tips:
- Move your body daily, consult with a health professional to determine the duration and intensity of physical activity.
- Improve your diet (more fruits and vegetables, reduce portions, limit fatty foods, drink lots of water).

Smoking is much more harmful to your health than adding a few pounds that you can lose in the same year.
CONCERN ABOUT SMOKING CESSATION

2 RELAPSE

You did quit smoking, then after a while you started again...

Relapse is a normal step and most people need to try more than once before they quit for good.

With each attempt, your chances of success increase!

Stay positive and see a professional to help you quit smoking permanently.

“...I had the chance to be able to quit thanks to all the support and information that was made available through the Blue Light campaign in my community. [...] I have no intention to resume smoking…”

- Joanne R., Mashteuiatsh

<table>
<thead>
<tr>
<th>NICOTINE WITHDRAWAL SYMPTOMS</th>
<th>APPROXIMATE DURATION</th>
<th>WHAT TO DO</th>
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<tbody>
<tr>
<td>Dizziness</td>
<td>1 to 2 days</td>
<td>Get up slowly.</td>
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<tr>
<td></td>
<td></td>
<td>Breathe slowly and deeply.</td>
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<tr>
<td>Headaches (sensation of pressure in eyes and head)</td>
<td>Variable</td>
<td>Do relaxation exercises.</td>
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<td>Massage your head.</td>
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<td>SYMPTOMS</td>
<td>APPROXIMATE DURATION</td>
<td>WHAT TO DO</td>
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<td>Cough with or without mucus, dry throat,</td>
<td>A few days to a few weeks</td>
<td>Drink a lot of water.</td>
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<td>runny nose</td>
<td></td>
<td>Suck on sugar-free candy or lozenges.</td>
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<tr>
<td>Sleep disorder</td>
<td>1 to 3 weeks</td>
<td>Avoid drinks or food containing caffeine.</td>
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<td></td>
<td></td>
<td>Take a walk or a bath after supper.</td>
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<tr>
<td>Very strong desire to smoke (craving)</td>
<td>About 2 weeks, sometimes more</td>
<td>Do something else, breathe slowly, occupy your mouth (a craving usually lasts 3 to 5 minutes).</td>
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<td>Depressed mood, sadness</td>
<td>10 to 30 days, during which symptoms</td>
<td>Offer yourself small pleasures, walk in nature, do stretches.</td>
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<td></td>
<td>gradually decrease</td>
<td>Use the nicotine replacement therapy properly.</td>
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<td>Irritability, impatience, anxiety</td>
<td>2 to 4 weeks</td>
<td>Be physically active and do activities you enjoy.</td>
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<tr>
<td>Increased hunger</td>
<td>2 to 4 weeks</td>
<td>See if you do not just want to have something in your mouth.</td>
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<td></td>
<td>Drink plenty of water, eat 3 meals a day and low calorie snacks (e.g., raw vegetables).</td>
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<tr>
<td>Fatigue, lack of energy</td>
<td>2 to 4 weeks</td>
<td>Get enough sleep and take naps.</td>
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<td>Avoid sugar.</td>
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<td>Work out without over-training.</td>
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<tr>
<td>Constipation, stomach pain, intestinal gas</td>
<td>3 to 4 weeks</td>
<td>Drink plenty of water, eat high fiber foods, be physically active.</td>
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<td>Difficulty in concentrating</td>
<td>A few weeks</td>
<td>Work less if possible, eat healthily, take breaks.</td>
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<tr>
<td>Feeling of tension in the chest</td>
<td>A few weeks</td>
<td>Breathe slowly and deeply.</td>
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<td></td>
<td>* Immediately consult a physician for chest pain or discomfort (e.g., pressure, tightness, pain, burning or heaviness in the chest).</td>
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<td>Weight gain</td>
<td>Variable</td>
<td>Drink a lot of water.</td>
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<td>Move your body and exercise daily.</td>
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</table>
Smoking cessation support services are available free of charge to help you quit smoking.

**Services available**

- Telephone support (1-877-455-2233).
- In-person support at the Health Centre (HC and Quit Smoking Centres) tobaccofreequebec.ca/iquitnow/person-help.
- Text message support (tobaccofreequebec.ca/iquitnow/text-help).

**We wish you healthy breathing and good success in your effort...**

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1 For information on the Blue Light campaign: cssspnql.com/en/areas-of-intervention/health/lifestyle/tobacco/tobacco-toolkit (Protection, Tobacco-free homes and cars: How to organize a Blue Light campaign: Steps to take to promote tobacco-free homes).


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