

A Guide to Quit Smoking

مايو 2023





Introduction

For A Healthier Life....Quit Smoking

Smoking is a harmful habit practiced by many people around the world, despite its serious health risks. Although, it is difficult to quit this habit, it is not impossible and can be achieved using a set of effective instructions.

This guide will help you quit smoking, as it includes a set of information, facts, tips and instructions that make your journey in this direction an easy and effective journey that will have a positive impact on your health, your family life and society in general.



- The tobacco epidemic is one of the biggest public health threats the world has ever faced.
- Tobacco kills more than 8 million people each year. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke.
- In 2020, 22.3% of the global population used tobacco, 36.7% of all men and 7.8% of the world's women. (WHO)
- All forms of tobacco are harmful, and there is no safe level of exposure to tobacco.
- For most smokers, smoking is ingrained as a daily automatic habit involving most of their daily life activities and social gathering
- With strong cravings they face, quitting can be really tough but it is achievable.
- By adopting a right quitting plan, strong support and strong willpower, any smoker can quit smoking.



- **Cigarette smoking:** Is the most common form of tobacco use. It has more than 7000 chemicals, more than 250 of which are toxic and negatively affect almost all organs.
- **Cigar smoking:** Cigars are made from cured and fermented tobacco leaves and are typically larger than cigarettes. They are wrapped in a tobacco leaf rather than paper. Many people believe that smoking a cigar is safer than smoking a cigarette. But, cigar smokers face many of the same potential risks as cigarette smokers, including cancer.
- **Hookah smoking:** Hookah, also known as shisha, involves smoking a mixture of tobacco, water, and flavorings through a water pipe. A typical 1-hour long water-pipe smoking session involves inhaling 100-200 times the volume of smoke inhaled with a single cigarette.



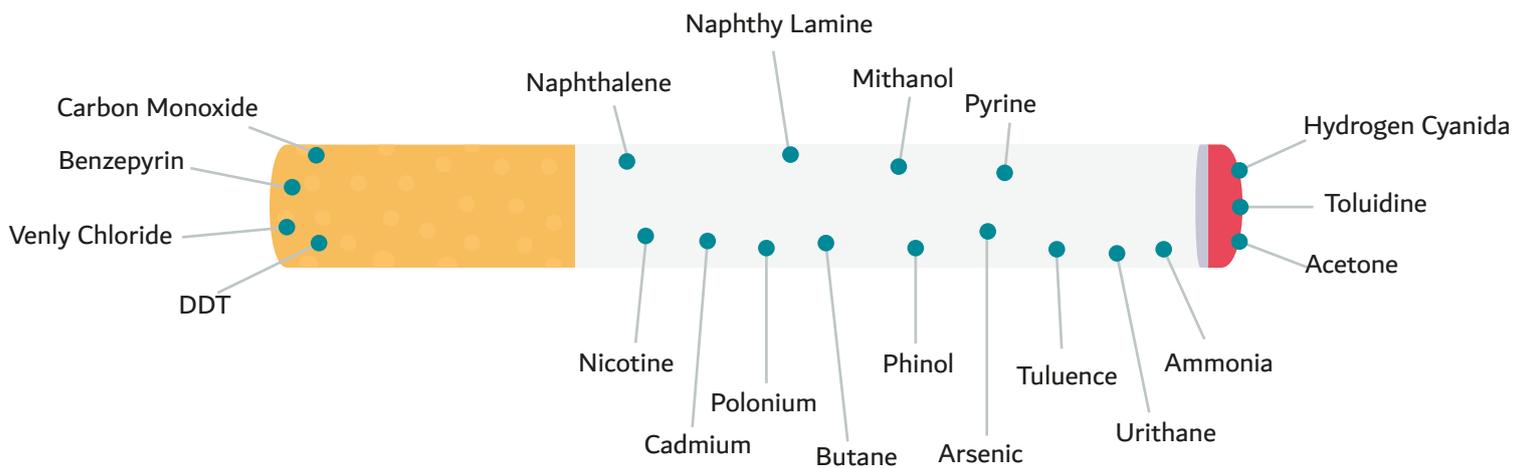
Forms of smoking products:

- **Electronic cigarette (e-cigarette-vapes) smoking:** E-cigarettes vaporize a liquid (e-juice) that often contains nicotine, but without the smoke. Vaping delivers more concentrated nicotine than cigarettes in a smokeless inhaled mist (vapor). Health risks from vape products range from asthma to chronic obstructive pulmonary disease and cancer.
- **Midwakh:** Dokha (Arabic for 'dizzy') is the tobacco blend that is smoked in a pipe called a 'midwakh'. It is a combination of tobacco leaves with a variety of barks, herbs, spices, dried flowers or dried fruit, and is known for its high nicotine content, containing up to five times as much as a normal cigarette.

What Makes Tobacco Use Harmful?

- Tobacco kills up to half of its users because tobacco products are made of extremely toxic materials.
- Tobacco smoke contains more than 7000 chemicals, of which at least 250 are known to be harmful and at least 69 are known to cause cancer.

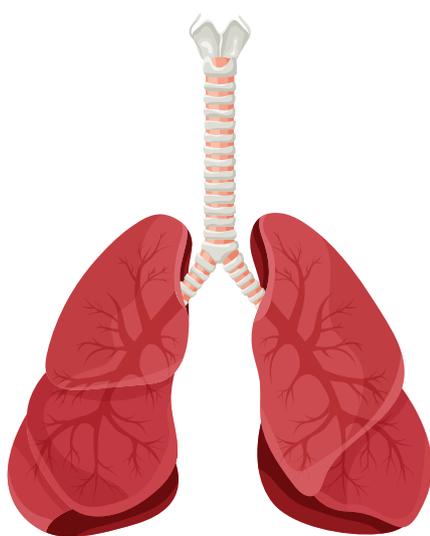
Here are some of the chemicals contained in tobacco smoke:



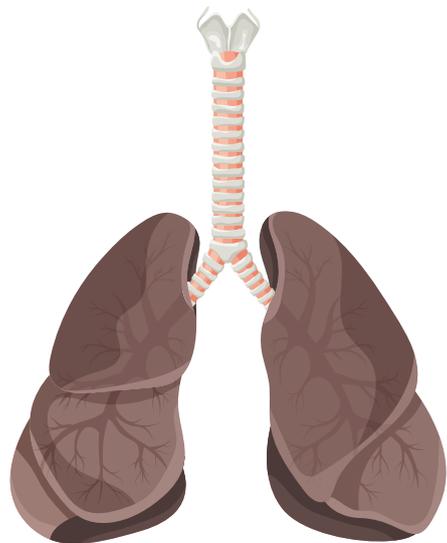


What Is Nicotine?

- Nicotine is a highly addictive chemical compound present in a tobacco plant.
- All tobacco products contain nicotine and can lead to nicotine addiction. This is because nicotine can change the way the brain works, causing cravings for more of it.
- Some tobacco products, are designed to deliver nicotine to the brain within seconds, making it easier to become dependent on nicotine and more difficult to quit.
- Nicotine exposure during adolescence can disrupt normal brain development.



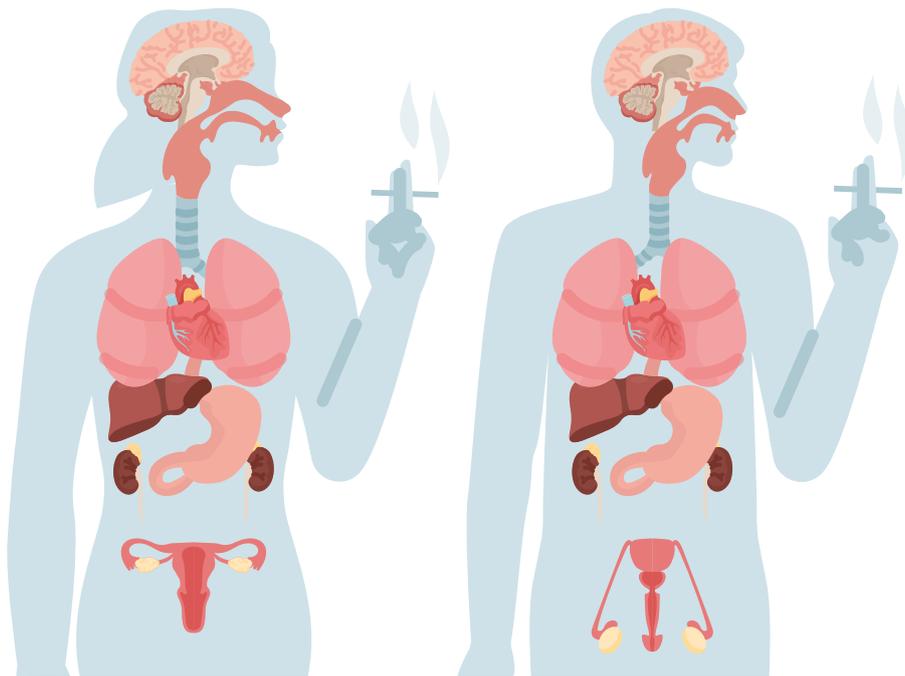
Non Smoker Lungs



Smoker Lungs



THE IMPACT OF TOBACCO SMOKING ON YOU



Female smokers are at an extra risk of:

- Cancer of the cervix (womb)
- Menstrual problems
- Fertility problems
- Abortion (miscarriage)
- Stillbirths. / Low birth weight
- Birth defects, such as cleft palate



Second-hand smoke and its health effects:

Second hand smoking: Is the inhalation of smoke from burned tobacco products by non-smokers around the person.

- Exposure to secondhand smoke causes disease and premature death among people who do not smoke.
- There is no safe level of exposure to secondhand smoke; even brief exposure can cause immediate harm.
- Most people are exposed to secondhand smoke in their homes or work. People may also be exposed to secondhand smoke in public places like parks, restaurants.
- Non-smokers who breathe second-hand smoke suffer many of the same diseases as smokers.
- Heart disease deaths as well as lung and nasal sinus and cancers have been usually associated with second-hand smoke exposure.
- Children's lungs are smaller and their immune systems are less developed - which makes them more likely to develop a wide variety of adverse health effects including bronchitis and pneumonia, development and exacerbation of asthma, ear infections etc
- Exposure of women to second-hand smoke during pregnancy reduces fetal growth, and postnatal exposure of infants to secondhand smoke greatly increases the risk of sudden infant death syndrome.

A photograph showing two hands holding a lit cigarette, with the smoke rising. The image is overlaid with a teal gradient and white text.

Debunking misconceptions about health risks of smoking:

- **Low Tar cigarettes are safe to smoke:**
 - There is no such thing as a safe cigarette. A low-tar cigarette is just as harmful as other cigarettes.
- **Rollies are safe to smoke:**
 - Roll-your-own (RYO) tobacco, or rollies contain many of the same chemicals as manufactured cigarettes. Research suggests that RYO tobacco is at least as harmful, or possibly more harmful, than smoking factory-made cigarettes.
- **Cutting down the number of cigarettes can reduce health risks:**
 - There is no safe level of cigarette consumption. Some people try to make their smoking habit safer by smoking fewer cigarettes, but most find this hard to do and quickly return to their old pattern, quitting is the only way for long-term health benefits.
- **Only old people get ill from smoking:**
 - Anyone who smokes tobacco increases their risk of ill health. All age groups suffer short-term consequences of smoking that include decreased lung function, shortness of breath, cough, and rapid tiring during exercise. Smoking also diminished the ability to smell and taste and causes premature aging of the skin. Because these diseases do develop over the course of a lifetime, it gives the appearance of only effecting elderly people. However, people in their 20s and 30s have died from strokes caused by smoking.



Rewards of Quitting

The good news is that there are great gains from quitting tobacco , with both immediate and long-term health benefits.

- Quitting will help you minimize the negative effects, both health and non-health related.
- Quitting now, or making efforts to quit, will greatly decrease your chances of long-term health risks.
- Quitting also has very clear and tangible financial benefits.
- Social benefits: You will feel less isolated. You will be more productive. You will be able to expand your social interactions. Your children will become less likely to start smoking.



Health benefits of smoking cessation

1. There are immediate and long-term health benefits of quitting for all smokers:

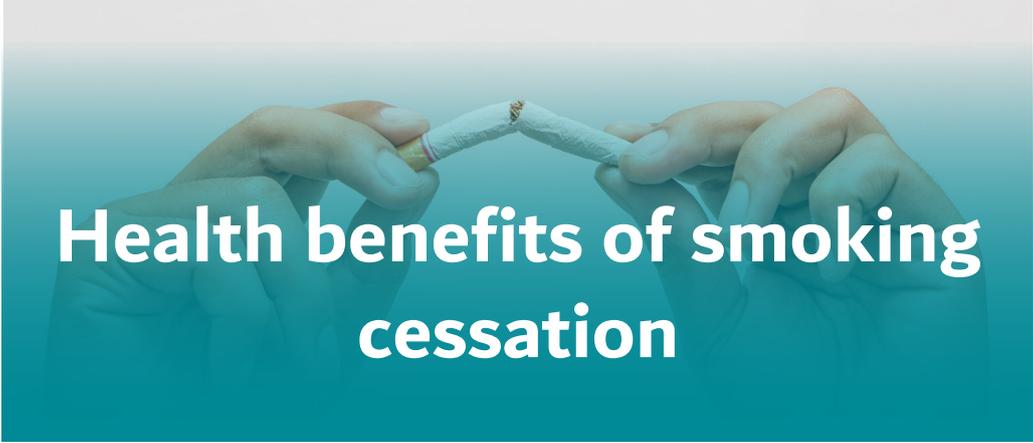
Time since quitting	Beneficial health changes that take place
Within 20 minutes	Your heart rate and blood pressure drop
12 hours	The carbon monoxide level in your blood drops to normal
2 - 12 weeks	Your circulation improves and your lung function increases
1 - 9 months	Coughing and shortness of breath decrease
1 year	Your risk of coronary heart disease is about half that of a smoker
5 years	You stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting
10 years	You risk of lunge cancer falls to about half that of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder and cervix
15 years	The risk of coronary heart disease is that of a non-smoker

2. Benefits for all ages and people who have already developed smoking-related health problems. They can still benefit from quitting.

Time of quitting smoking	Benefits in comparison with those who continued
At about 30	Gain almost 10 years of life expectancy
At about 40	Gain 9 years of life expectancy
At about 50	Gain 6 years of life expectancy
At about 60	Gain 3 years of life expectancy

After the onset of life-threatening disease

Rapid benefit, people who quit smoking after having a heart attack reduce their chances of having another heart attack by 50 per cent.



Health benefits of smoking cessation

4. Quitting smoking decreases the excess risk of many diseases related to second-hand smoke in children, such as respiratory diseases(e.g.asthma) and ear infections.

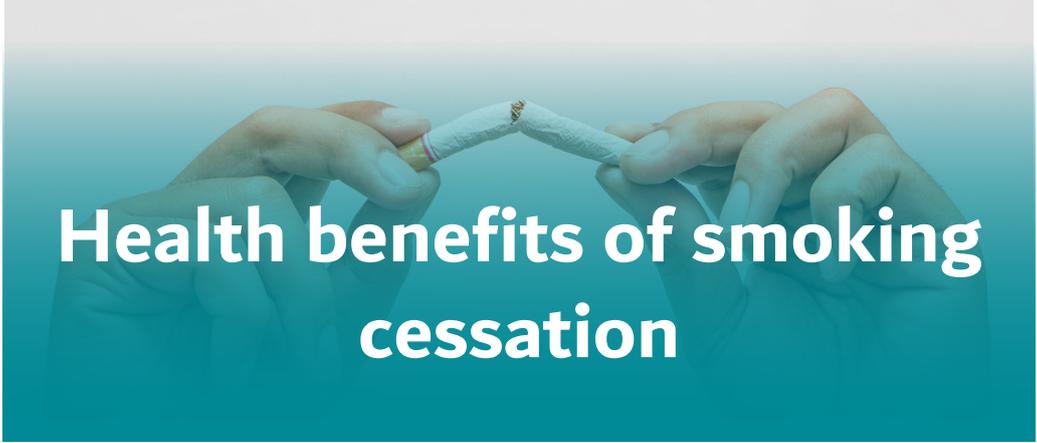
5. Quitting smoking reduces the chances of impotence, having difficulty getting pregnant, having premature birth, babies with low birth weights and miscarriage.

- **How to improve your confidence in quitting:**

Many smokers are afraid to quit because they have tried to quit in the past and were unsuccessful.

Here are a few suggestions to help improve your confidence:

- Try to quit smoking and being smoke-free for 1 day, then 2, and so on.
- Follow role models. Observe those around you that have recently quit and practice their behaviors. What actions and reactions of theirs can you adopt?
- Look at each quit attempt as a learning process. Each time, you learn what doesn't work for you and how you can be more successful next time.



Health benefits of smoking cessation

- You should know that it's common for smokers trying to quit to make multiple attempts before they are successful, but they do achieve success!
- Improve your negative mood towards quitting. Many smokers associate fear, stress, and anxiety with trying to quit. However, if you surround yourself with the proper support, such as friends and family and maintain a healthy lifestyle by eating well, exercising, and getting enough sleep you will find that any stress, fear, or anxiety that you are anticipating can be properly managed.
- If you do begin to feel any of these things, yoga, meditation, and other relaxation methods, are great coping mechanisms.





- Set a quit date.
- Change your environment:
 - Get rid of ALL cigarettes and ashtrays in your home, car, and place of work.
 - Don't let people smoke in your home.
- Review your past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke - not even a puff!
- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- Talk to your health care provider (for example, doctor, nurse, health educator ...etc.)
- Drink a lot of water and other fluids.
- Exercise to reduce your stress and distract yourself from urges to smoke.
- Ask your health care provider for advice on any medication needed.



Symptoms and Cognitive Behavioral Therapies

Headaches

If you are experiencing frequent headaches, make sure you are getting enough sleep, have a good diet and exercise regularly. These lifestyle changes should help keep headaches at bay and/or lessen their severity.

Coughing

Staying hydrated is key to manage any coughing you may experience. A spoonful of honey, warm teas, juices, inhaling vapors, and avoiding dairy are common "remedies" to deal with coughing.

Craving

The 4Ds Strategy to Deal with Smoking Cravings

- 1 Delay:** Set a time limit before you give in to smoking a cigarette. Delay as long as you can. If you feel that you must give in to your urge, move on to step 2.
- 2 Deep breathing:** Take 10 deep breaths to relax yourself. Try to mediate with deep breathing to relax yourself from within until the urge passes. If the urge does not subside, move on to next step.
- 3 Drink water:** Water helps flush out toxins to refresh your body. If you still crave cigarettes, move on to next step.
- 4 Do something else to distract yourself:** Read, go for a walk, listen to music, watch TV- engage in any hobby other than smoking!



Symptoms and Cognitive Behavioral Therapies

Increased appetite or weight gain

Weight gain is one of the most common roadblocks and side effects responsible for derailing smokers trying to quit. It is true that when you quit, you are likely to have a larger appetite and be tempted to replace cigarettes with food. However, you can avoid weight gain by making healthy eating choices (fruits, vegetables, and other healthy snacks) and drinking lots of water.

Mood changes

Try focusing on positive thoughts about quitting or filling your head with happy, uplifting music to drown out the negative thoughts and emotions that you are experiencing. Remind yourself of all the benefits of quitting smoking; think of how much better you will physically feel, think of all the extra energy you will have.

Restlessness

The best way to deal with restlessness is to get up and move around! Engage in physical activity, go for a walk!



Emotional or Psychological Connections

- Emotional or Psychological Connections - In order to avoid being derailed by such emotional or psychological roadblocks, it is important to remember and remind yourself of the risks of smoking and the benefits of quitting.
- You can create positive self-talks based on the benefits of quitting such as “quitting smoking can save my life” and “quitting smoking can save me money”, to help you break the connections between quitting and negative beliefs.
- Every quit attempt is a positive step in the right direction towards quitting permanently. It might take multiple quit attempts, but each time you resume your attempt to quit, you move farther and farther in the right direction and will make it easier for you to stop next time.
- Relapsing and making mistakes are only natural. Do not let a relapse hinder your confidence - a relapse does not mean failure. The best way to prevent relapses is to use effective treatments.
- Effective and approved treatments include self-help materials; advice from healthcare providers; individual behavioral counseling; group behavior counseling; telephone counseling.



Emotional or Psychological Connections

Below are just a few suggestions on how to begin breaking the links of smoking or habits that make you crave for tobacco:

It is important to always keep your end goal at the forefront of your mind so that you are not derailed by your connected habits. Distract yourself until your habits are no longer a trigger for smoking cravings. Typically cravings/urges are brief, lasting only 1 to 2 minutes.

Smoking associated with eating

Begin a new activity immediately after eating. Distract yourself from the temptations and urges. Wash the dishes, exercise, read, or do other household chores are just a few examples.

Smoking as a social activity while with friends

Avoid these situations until you have successfully quit smoking. You do not have to cease ties with your friends all together, just avoid going to dinner, or out, with them until you are strong in your commitment to abstain.

Smoking as a stress reliever

This is a common misconception believed by many smokers. Smoking has absolutely no connection to stress relief. However, there are many other ways to deal with stress. Drink water or tea, carry around a stress ball, practice deep breathing or exercise to relieve stress.

Smoking in the car

Remove all cigarettes from the car, listen to music, take public transportation, or carpool to help avoid temptation.

Smoking while on the phone

Engage in another activity while on the phone. Whether its playing with a stress ball, or walking around, distract yourself from the urge to smoke.