

Walmsley Wellness News JANUARY 2014



EACH DAY FEWER
PEOPLE ARE SMOKING.
THIS GUIDE WILL HELP
YOU JOIN A HEALTHY
WORLDWIDE TREND.

Have more physical energy.
Be a good role model for family.
Have more money.
Achieve self mastery.
Feel and look younger.
Enjoy better sexual health.
Get healthier skin, fewer wrinkles.

Physical gains start within minutes after your last smoke and continue the rest of your life.

After 20 minutes. Blood pressure and pulse rate drop to normal. Body temperature of hands and feet increases to normal.

8 hours. Blood level of carbon monoxide drops to normal, blood level increases to normal.

24 hours. Heart attack risk decreases.

48 hours. Nerve endings begin to grow. Smell and taste sensitivity increases.

2 weeks - 3 months. Circulation improves. Lung function increases up to 30%. Walking is easier.

1 - 9 months. Coughing, sinus congestion, fatigue, shortness of breath decreases. Risk of lung infection decreases. Energy increases.

1 year. Excess risk of coronary decreases to half that of a smoker.

5 years and beyond. Lung cancer death rate decreases to almost half that of a pack-a-day smoker. Stroke decreases to that of a nonsmoker in 5 - 15 years.. Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

15 years. Risk of dying from a heart attack is equal to a person who never smoked.

Get Physical

Daily physical activity will help you quit smoking and help your body recover faster from the negative effects of smoking. Mood improves and energy increases.

Activities to add to your daily routine:

1. Get off the bus a few stops before your destination and walk the rest of the way.
2. Walk your dog, or the neighbour's dog, after dinner.
3. Take the stairs instead of the elevator.

4. Use your lunch break as part of your walking routine.

5. Ride your bike or walk to the grocery store.

6. Hike, run, swim or work out at the local recreation center.

7. Try a new sport like bowling or tennis



Get Help

Talk to your doctor or pharmacist for more information about these options. Before taking any products, consult your physician to monitor these and any other medications you are taking.

Non-prescription products

Nicotine Replacement Therapy (NRT) can help you control withdrawal symptoms and cravings by gradually reducing your body's dependency on nicotine.

1. A nicotine patch on your skin slowly releases nicotine into your blood stream. It is available in different strengths.

2. Nicotine gum and lozenges contain nicotine that is

absorbed through your gums, tongue and cheek.

3. A nicotine inhaler is held like a cigarette. It delivers small particles of nicotine into the back of the throat where they are absorbed into your blood stream.

Prescription medication

Zyban (Bupropion) and Champix (Varenicline) are prescribed drugs that have no nicotine in them. They have helped many people quit smoking. In some cases, these pills can be used together with nicotine replacement therapy.

Other treatments

Acupuncture and hypnosis can be helpful in quitting smoking. Well-trained and reputable practitioners are essential.



Avoid Weight Gain

Not everyone gains weight after they quit smoking, but for those that do, it is usually 5 to 10 pound. Suggestions to help prevent extra weight

Healthy Eating

1. Beware of not increasing portions after you quit. A different pattern of eating, such as smaller, more frequent meals, may help curb hunger.
2. Avoid caffeinated drinks like coffee, tea and soft drinks.
3. Drink plenty of water.
4. Eat low-fat snacks like fruit and vegetables and avoid junk food.
5. Eat healthy well-balanced meals



Relax

Healthy ways to cope with stress:

1. Take a warm bath or a hot shower.
2. Listen to music.
3. Go for a walk or jog no matter how brief.
4. Read a book or do a crossword puzzle.
5. Talk with a friend.
6. Do yoga in a class or at home.
7. Lie down, hot water bottle on your chest.

Breathing

1. Take a deep, slow breath in through the nose for 5 counts and push your belly out at the same time.
2. Hold your breath for 5 counts.
3. Slowly breathe out of your mouth for 5 counts.
4. Repeat until you feel more relaxed.

Release tension

1. Bring your awareness to your neck and shoulders.
2. Contract these muscles briefly. Release.
3. Squeeze eye and mouth muscles. Release.
4. Wiggle your jaw gently. Release.
5. Remember to belly breathe.

Meditation

Physiologically, meditation creates profound relaxation. It lessens oxygen consumption, improves elimination of carbon dioxide, lowers respiration rate, slows heartbeat and reduces blood pressure.

20 minutes of meditation can produce relaxation similar to one hour of sound sleep. Meditating with a group can be a good start, giving you instruction, support and structure for your practice.

Reward Yourself. You Deserve It.

When you become smoke free a week, a month, a year. This is what you will save:

A day \$10. Movie out. Flowers. Smoked salmon.

A week \$70. Dinner out. MP3 player.

A month \$300. New outfit. Tennis racket. Concert tickets.

A year 1 \$3,600. Kayak. Holiday. New sofa. (Average price in Canada \$10)

**Think Positive**

Try to become more aware of your thoughts. Aim to embrace a positive outlook.

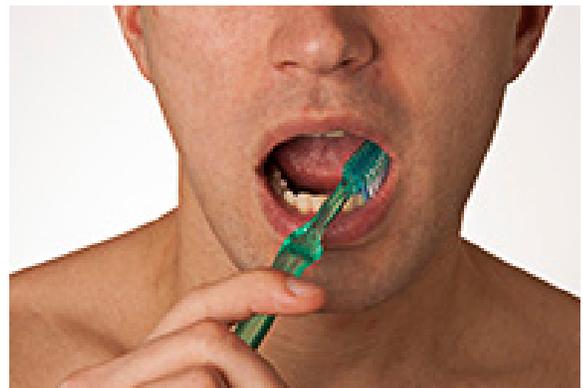
1. I don't need this cigarette right now.
 2. I have control over what I think and do.
 3. I can quit like millions of ex-smokers.
 4. There will always be stress in my life, so quitting now is as good a time as ever.
 5. I look forward to being free of this unhealthy habit.
 6. I want to make healthy choices for my body and peace of mind.
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Prevent Relapse

Cravings can be overwhelming. Remember they are temporary and will pass. Here are some ways to help you cope.

1. Keep a supportive friend's phone number handy and call if needed.
2. Avoid people who are smoking. Let smokers know that you have quit and ask for their support.
3. Stay away from alcohol, or reduce your intake, particularly if you used to drink and smoke at the same time.
4. Chew gum, with or without nicotine.
5. If you are upset, try deep, slow breathing or call someone to distract yourself, problem solve or find support.
6. Develop new habits at the end of your meal, like taking a walk or brushing your teeth.
7. Engage in new, positive and creative outlets. Make art, play music, spend more time outdoors.
8. Go for a hike, bike ride, swim on your own or with friends.

Fostering well-being diminishes old smoking habits and develops healthy ways of coping



Free At Last

1. Beware of temptation during special events like parties or vacations
 2. Recognize your vulnerability in facing stress, such as difficulties with relationships, finances or work.
 3. Congratulate yourself regularly for being smoke free. It's probably the most important gift you'll ever give yourself.
 4. Remember – not smoking is completely within your control.
 5. DON'T think you can safely have a cigarette. You can't.
 6. If you slip and have one or more cigarettes, just return to complete abstinence immediately. Learn from your experience.
 7. Add more physical activity to your life to avoid weight gain, boost your mood and improve stamina.
- Enjoy your healthier body.

Life Support

1. About half of all Canadians who ever smoked have already stopped successfully.
2. Cigarette smoke contains over 4,000 chemicals including 43 known cancer-causing compounds and 400 other toxins. These include nicotine, tar, ammonia, hydrogen cyanide, arsenic and DDT.
3. 50% of Canadian smokers age 15 – 24 quit in 1999. 61% of Canadian smokers aged 15 – 24 quit in 2007.
4. Nicotine in small doses is a stimulant. In large doses, it is a depressant. In even larger doses, it's a lethal poison, damaging organs, blood vessels and hormone regulation.
5. Smoking is the number one preventable cause of death in Canada. More Canadians die from tobacco use than alcohol, car accidents, illicit drug use, murder, suicide and AIDS combined.
6. Smoking cigarettes reduces the efficiency of skin to regenerate itself. Changes in the colour and quality of skin suggest a toxic process. Many people can be identified as smokers by their faces alone.

7. Staying smoke free for eight weeks before any type of surgery reduces risk of complications, helps speed healing and may shorten hospital stay.

8. Fewer Canadians are smoking every year. Canada is at the forefront of anti-smoking legislation. The rest of the world is beginning to catch up, as more countries ban smoking in public places.

Much of the information presented in this newsletter is from these national agencies. You may find them helpful.

Canadian Lung Association, www.lung.ca

Canadian Cancer Society, www.cancer.ca

Health Canada, www.hc-sc.gc.ca

BC programs that offer free support:

QuitNow Services, www.QuitNow.ca,
1-877-455-2233

ActNow BC, www.actnowbc.gov.bc.ca

VIHA toll free tobacco line, 1-866-580-3888

