

# Smoking Cessation Program

## Information for people who are ready to quit smoking

Read this information to learn:

- Why you should quit smoking
- How the Smoking Cessation Program at Asthma and Airway Centre works
- Treatments to help you quit
- How to cope with withdrawal symptoms
- Where to find more information

### **Asthma and Airway Centre**

Toronto Western Hospital  
East Wing – 7th floor  
399 Bathurst Street  
Toronto, ON M5T 2S8





## Facts about smoking

Did you know?

- 17% of Canadians smoke cigarettes. That means out of every 6 Canadians, about 1 still smokes.
- Cigarettes are the only legal product that kills up to 50% of users. That means for every 2 people who smoke, it's likely that 1 will die from it.
- Smoking cigarettes kills more people in Canada than other causes of preventable death including:
  - obesity (being overweight)
  - physical inactivity (lack of exercise)
  - or high blood pressure
- This year, more than 37,000 Canadians will die early because of smoking. That means each day 100 Canadians will die.
- Nicotine (a chemical in commercial tobacco) causes chemical and biological changes in the brain. These changes are similar to the effects of drugs like heroin or cocaine.

### Smoking is related to:

- **85% of all cases of lung cancer**  
That means that out of every 10 people who get lung cancer, almost 9 get it because of smoking.
- **85% of all cases of chronic obstructive pulmonary disease (COPD)**  
That means that out of every 10 people who get COPD, almost 9 get it because of smoking.
- **40 to 45% of heart attacks in people under the age of 65**  
That means that for every 10 people under the age of 65 who have a heart attack, 4 to 5 have one because of smoking.

Second hand smoke can increase the chance that your loved ones will get lung cancer and heart disease.

This information was taken from Health Canada.

## **Why should I quit smoking?**

Smoking harms your health. Smoking makes your heart work harder because you are not getting enough oxygen.

Smoking also:

- exposes your body to 4000 poisonous chemicals. Forty of these chemicals are known to cause cancer.
- puts harmful chemicals in your lungs
- negative changes to the way your brain works similar to a person addicted to drugs (heroin and cocaine)
- can cause death

Smoking also harms the health of people around you. Secondhand smoke can cause death to people who don't smoke. Children of smoking parents have a higher risk of health problems.

## **What are the health benefits of quitting smoking?**

Choosing to quit smoking can protect your health. It can also protect the health of the people around you. Quitting smoking reduces your chance of developing:

- lung disease
- heart disease
- high blood pressure
- diabetes
- cancer



**Remember: It's never too late to quit smoking!**

## **How can the Smoking Cessation Program help?**

This program helps people who are ready to quit smoking. You need a referral from your doctor to join. You and your family can meet with counsellors privately.

## **What happens during the program?**

There are 3 steps to the program. You will:

1. see a certified tobacco educator
2. have a breathing test to check for lung damage
3. see a doctor if you need medicines to help you quit smoking

## **What happens when I meet the educator?**

The smoking cessation educator will:

- check your carbon dioxide (CO<sub>2</sub>) levels
- talk to you about different therapies and how they work
- find out how dependent you are to nicotine
- help you set a quit date and track your progress
- talk about ways to cope with withdrawal

## **How often will I see an educator?**

The program is flexible to your needs. You will have:

- **8 clinic visits per year**  
Each visit lasts about 30 to 60 minutes.
- **Phone support in between clinic visits**  
There is also phone support when you have quit smoking and are trying to stay a nonsmoker.

## **What treatments are part of the smoking cessation program?**

There are many treatments to help you stop smoking. Talk to your certified tobacco educator about which therapy is best for you.

### **1. Nicotine replacement therapy (NRT)**

NRT is used to help you quit by giving you nicotine in ways other than smoking. Having some nicotine without the other bad chemicals in cigarettes helps your withdrawal symptoms. This can make it easier to quit. Some examples of NRT are:

- patches
- gum
- lozenges
- inhalers
- spray

### **2. Pharmacotherapy (oral pills)**

Some medicines can help control the withdrawal symptoms from quitting smoking. Examples of these medicines are Champix (Varenicline) or Zyban (Bupropion).

### **3. Self-quit (also called cold turkey)**

This is when you stop smoking with no help from NRT or pharmacotherapy. You just stop smoking right away, with no gradual changes.

## **To quit smoking for good, you will need to:**

- commit to quitting
- understand that nicotine is addictive, so you will need to set up ways to cope with quitting

## **How will I know what therapy to choose?**

Talk to your doctor or educator about each therapy. They can help you choose which one is best for you. You can also talk to your doctor or educator about your concerns during follow up visits.

## **What are the signs of nicotine withdrawal?**

Common symptoms of nicotine withdrawal are:

- trouble concentrating
- trouble sleeping
- craving cigarettes
- feeling hungry more often

Nicotine withdrawal can also affect your mental health. You may feel:

- anxious (worried)
- irritable (bad mood or grouchy)
- restless
- depressed

Talk to your educator about each of these symptoms. Your educator can help you cope with them. Each person will have a different experience.

## Who can I contact if I have any questions?

If you have any questions, please contact:

### **Asthma & Airway Respiratory Educator/Certified Tobacco Educator:**

Phone: 416 603 5504

### **Asthma and Airway Centre**

Toronto Western Hospital

East Wing – 7th floor

399 Bathurst Street Toronto, ON M5T 2S8

Fax: 416 603 3456

## Where can I find more information about smoking cessation programs?

Call this number or visit these websites for more information:

### **Smokers' Helpline:**

Phone: 1 877 513 5333 (toll free)

Website: [www.smokershelpline.ca](http://www.smokershelpline.ca)

### **Government of Ontario:**

Website: [www.ontario.ca/page/support-quit-smoking](http://www.ontario.ca/page/support-quit-smoking)

### **City of Toronto**

Website: [www.toronto.ca/community-people/health-wellness-care/health-programs-advice/live-tobacco-free](http://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/live-tobacco-free)

### **CAMH The STOP Program**

Website: [www.nicotinedependenceclinic.com/English/stop/Pages/Home.aspx](http://www.nicotinedependenceclinic.com/English/stop/Pages/Home.aspx)



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