

## Tobacco Facts

- Thirty per cent of all cancer deaths are caused by tobacco use.
- Nicotine is the chemical in tobacco which causes addiction. It is highly addictive.
- While it can be difficult to quit, there are nearly 1 million former smokers in Alberta.
- Second and third hand smoke is harmful to those around you.

## Why Quit?

- Your health will improve.
- You'll feel better.
- You'll be less likely to develop diseases associated with tobacco use.
- You'll breathe more easily and your food will taste better.
- Your sense of smell will return to normal.
- Your clothes and living areas will no longer smell of smoke.
- Your teeth and fingers will no longer be stained yellow.
- You will save money.
- You will be a role model for family members, children, friends and co-workers.
- You will become part of the majority of Canadians who do not use tobacco.

## How can I quit?

One way to help reduce your use of tobacco is to practice the **4 D's**:

### Delay

Delay using tobacco. The strong urge to use tobacco only lasts about three minutes.

### Deep Breathe

A deep breath relieves some of the urge to use tobacco and fills the lungs with oxygen. It will make you feel better.

### Drink

Drink lots of water instead of alcohol or drinks with caffeine.

### Do

Do something else to take your mind off the urge to use tobacco.

There are also medications that can help you reduce or quit.

Nicotine replacement therapy (NRT) provides the body with nicotine to reduce withdrawal symptoms (anxiety, irritability, headaches, and difficulty concentrating) and your urge to use tobacco. It can double your chance of quitting.

Prescription medications do not contain nicotine. They work in various ways, depending on the medication, as an aid to quit using tobacco. They have been shown to significantly improve your chances of quitting.

Talk to a doctor or pharmacist if you are interested in using any NRT or prescription medication to find out which ones are right for you.

For additional support call the AlbertaQuits helpline at 1-866-710-QUIT (7848). Services are available in languages other than English.

Going without tobacco is hard. We can help.