

## STOP SMOKING

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Inhaling any combustion product is likely to be harmful to your health and your lungs.

Tobacco smoke, air pollution and smoking marijuana are all associated with emphysema and chronic bronchitis (COPD). Between 15-20% of those who have smoked for >10 years of at least 10 per day are likely to develop COPD. Smoking tobacco is also associated with developing Lung Cancers not to mention many other types of cancer. There are many other good health reasons to stop smoking. Stopping smoking is almost certainly the single best thing you can do for your long term health.

However smoking is highly addictive and stopping is not necessarily easy.

Some of the key issues with respect to smoking are:

- a) You have to want to stop – if you don't want to you will not stop.
- b) Nicotine addiction can be difficult to break and you may replacement therapy in the form of gum or patches or psychoactive drugs to help offset the addiction.
- c) Stress management is critical to preventing relapses and so having alternative strategies for dealing with stress is important.
- d) It is important to have support – inform your friends and family it is important for your health to stop smoking and enlist their help and ask them not to smoke in your presence.
- e) Work with your general practitioner to develop a plan for managing your cessation of smoking.
- f) Register with the Quit line.
- g) If your relapse try again – think about what went wrong and see what you can do better next time.

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