

# Breathe Free: Your Journey to a Smoke-Free Life



## Smoking Cessation

The tobacco epidemic is one of the biggest public health threats the world has ever faced,

killing more than

**8 million**  
PEOPLE A YEAR

including around

**1.2 million**

deaths from exposure to second-hand smoke as per WHO.

Tobacco smoking stays one of the main preventable causes of ill-health and premature death worldwide. Tobacco smoking increases the risk of contracting a wide range of diseases, many of which are fatal. Stopping smoking at any age is beneficial compared with continuing to smoke. For some diseases, the risk can be reversed while for others the risk is approximately frozen at the point when smoking stopped. Smokers who do not stop smoking lose an average of 10 years of life expectancy compared with never-smokers and they start to suffer diseases of old age around 10 years earlier than non-smokers.

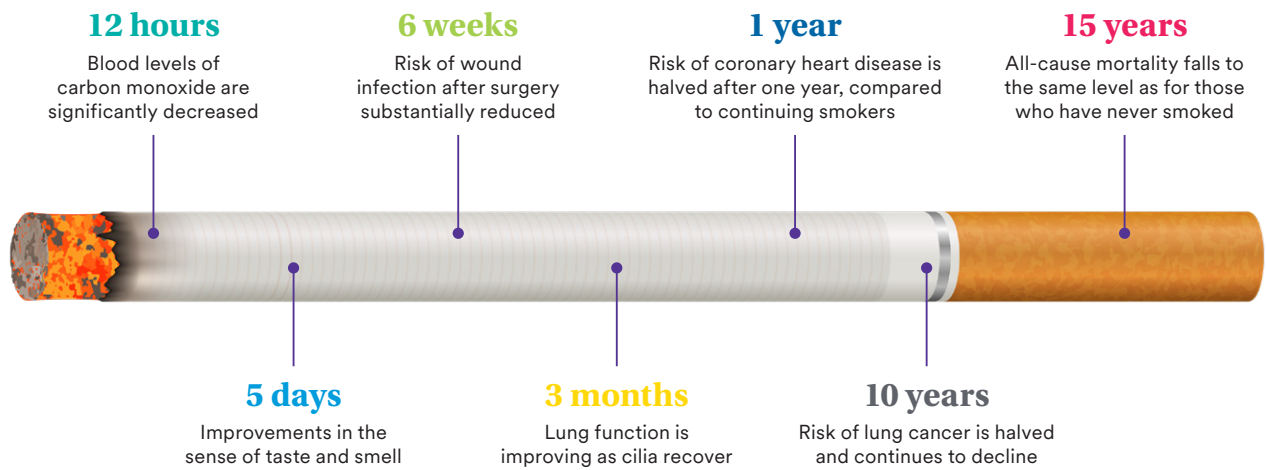
### What are the effects of smoking?

- Lungs: Cancer, Chronic Obstructive Pulmonary Disease, Hypoxemia.
- Heart disease.
- Other cancers - of the mouth, nose, throat, larynx, gullet (esophagus), pancreas, bladder, neck of the womb (cervix), blood (leukemia) and kidney are all more common in smokers.
- Circulation Issues: Stroke, Berger's disease causes inflammation of blood vessels, particularly in the hands and feet.
- Sexual and Fertility problems.
- Arthritis.
- Ageing.

### Conditions where smoking Worsen the Symptoms

- Asthma.
- Colds & Flu (influenza).
- Chest infections, like Tuberculosis infection of the lungs.
- Long-term inflammation of the nose (chronic rhinitis).
- Eye damage due to diabetes (diabetic retinopathy).
- An overactive thyroid gland (hyperthyroidism).
- A disorder of the brain and spinal cord (multiple sclerosis).
- Inflammation of the optic nerve (optic neuritis).
- A condition causing inflammation of the gut (Crohn's disease).

## Benefits of stopping smoking



## Smoking Cessation Interventions



### Go cold turkey

This is the most common, and seemingly the easiest, method for quitting smoking because it requires no outside aid. You simply stop smoking and commit yourself to being smoke-free. While those who quit abruptly are more successful than those who quit gradually.



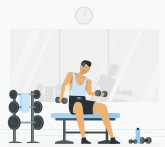
### Approved pharmacotherapies

Nicotine replacement therapy (NRT) and cytisine are available over the counter while varenicline and bupropion are available by prescription.



### Behavioral therapies

There are various behavioral interventions used for tobacco cessation. Broadly, behavioral interventions may promote smoking cessation directly, be directed to improve adherence to smoking cessation pharmacotherapies, or promote other health behavior change along with the stopping smoking behavior (e.g., healthy eating, alcohol reduction).



### Exercise

Some therapies, such as exercise-based interventions, have been used alone or as adjuncts to other interventions. Exercise alleviates withdrawal symptoms and relieves cravings. The biological hypothesis suggests that exercise and nicotine have similar impacts on beta-endorphins, cortisol, noradrenaline, and adrenaline.



### Alternative therapies

Alternative therapies for smoking cessation include hypnosis, acupuncture (including acupressure and electrostimulation), and laser therapy. It is hypothesized that acupuncture, acupressure, and laser therapy alleviate withdrawal symptoms by stimulating peripheral nerves which triggers release of opioid peptides, dopamine, enkephalin, and serotonin.

## Always Remember 4 D's

# 1

To begin with, **D**elay for a few minutes and the urge will pass.

# 2

**D**rink water, sip it slowly and it help reduce certain withdrawal symptoms like headaches and constipation and repeals the urge.

# 3

**D**eep breathe take three slow, deep breaths which will reduces anxiety by elevating the parasympathetic nervous system which helps relaxation and promotes calming.

# 4

**D**o something else to take your mind off smoking.



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