



It's time to
talk to your
doctor.

 For doctors. For health. For you.
Doctors
Nova Scotia

Plan to avoid your urges to smoke

Quitting takes more than will power. It takes applying the skills to avoid smoking.

Past: Learn from past quit attempts

- Quitting is a trial and error process.
- Learn from your mistakes and successes.

Present: Learn to avoid what triggers your urges to smoke

- Do meals, drinking, stress or being around smokers trigger your smoking?
- Avoid situations that trigger your smoking.
- If you smoke with your morning coffee, could you drink it where you are less likely to smoke?
- Practice avoiding your triggers before you quit.

Future: Plan your smoke-free life

- Set your quit date.
- Make your home smoke free before you quit.
- Tell family, friends and co-workers and ask for their help.
- Plan how to avoid smokers, tobacco urges and over confidence.

Future: Plan to cope

- Expect withdrawal, urges and perhaps lapses back to smoking.
- Plan what you will do if you should smoke.
It usually takes from four to five tries before you learn how to avoid smoking every day.
- Call the Canadian Cancer Society's Smokers' Helpline 1-877-513-5333.

Support helps

Your own support

- Coach yourself. Tell yourself when you are doing well, day by day.
- Reward yourself. Give yourself a gift when you do well. Patting yourself on the back is important.

Your health professionals' support

- Visit your family doctor or other health professionals several times to talk about how you are doing.

The support of family and friends

- Ask your family or friends for understanding and help.
- Find an understanding friend who:
will listen,
won't pester, and
won't give up.

The support of others

- Call the Canadian Cancer Society's Smokers' Helpline 1-877-513-5333.
- The Lung Association of Nova Scotia has a program of 10 weekly sessions.
- Individual or group counselling works well. Call your local Addiction Prevention and Treatment Services for more information:

Lunenburg and Queens Counties: 902-634-7325

Yarmouth, Shelburne and Digby Counties: 902-742-2406

Annapolis and Kings Counties: 902-825-6828

Colchester County and East Hants: 902-893-5900

Pictou County: 902-755-7017

Cumberland County: 902-597-2156

Guysborough, Antigonish and Richmond Counties: 902-625-4787

Cape Breton, Victoria and Inverness Counties: 902-563-2010

Halifax Regional Municipality and Hants West: 902-424-2025

Online resources are a support

You can get help and information from:

- www.doctorsNS.com
(resource materials and links to other organizations)
- www.cda-adc.ca
(look under “Your oral health”)
- www.sportnovascotia.ca
- www.quitnet.org
- www.quit4life.com (youth)
- www.ns.lung.ca/quit4good.html
- www.gov.ns.ca/ohp/tcu/

Medication helps

Bupropion (Zyban), nicotine patches, nicotine gum or nortriptyline (75 mg daily) double quit rates.

- Most smokers who quit use medication to double their chance of successful quitting.
- Nicotine patches, nicotine gum and Zyban can be combined and are approved for use up to one year.
- Seizures with Zyban are rare: one in a thousand.
- Your preference usually determines which medication to use — ask your health professional.

**Eat right, exercise and take one day at a time.
Continue to control your urges, take medication
up to one year and seek support.**

Welcome to a smoke-free life.

Think of the good things about your smoking.
Write down what you would miss most if you quit.

Write down the not-so-good things about
your smoking. What annoys or worries you
about smoking?

If you did not quit smoking, what risks are you
taking? What might happen that most worries
you? What would your family or friends have
to lose? What would they think of you?
What would you think of yourself?

Write down some of these thoughts here:

If you did quit smoking, how would you benefit?
What would your friends and family gain? What would they think of you? What would you think of yourself?

Write down some of these thoughts here:

If you are thinking about quitting, read the rest of this pamphlet and talk to your doctor. Calling the Canadian Cancer Society's Smokers' Helpline at 1-877-513-5333 could help.

Remember your risks of smoking and what worries you most. Remember the advantages of being smoke free and what you would gain from quitting.

