



National University  
Heart Centre  
Singapore

# Smoking Cessation

## Journey to a Healthy Heart

Educational resources by NUHCS

# Outlines

- Know Your Heart
  - ❖ What is Coronary Artery Disease (CAD)?
  - ❖ What is Atherosclerosis?
  - ❖ Treatments for CAD / Heart Attack
  - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- Heart Medications
- Physical Activity and Cardiac Rehabilitation Program
- Heart Healthy Diet
- Stress Management
- **Smoking Cessation**

# Disclaimer

Information from this section has been adapted from **HealthHub** as following:

[https://www.healthhub.sg/live-healthy/597/questions\\_smoking](https://www.healthhub.sg/live-healthy/597/questions_smoking)

[https://www.healthhub.sg/live-healthy/29/facts\\_tobacco\\_products](https://www.healthhub.sg/live-healthy/29/facts_tobacco_products)

<https://www.healthhub.sg/live-healthy/598/quittips>



Tobacco use kills 5.4 million people a year worldwide —

An average of one person every six seconds —

It also accounts for one in 10 adult deaths worldwide.

**It kills up to half of all users.**



In Singapore,

- About 6 Singaporeans die prematurely from smoking–related diseases each day.
- Smoking related diseases, including cancer, heart disease, stroke and chronic obstructive pulmonary disease (COPD) , are the nation’s top killers.



Cigarettes contain over **7,000 chemicals**. Some of the ingredients in cigarettes include toxic substances like:

- ammonia (used in floor cleaners)
- arsenic (found in rat poison)
- DDT (used in insecticide)
- carbon monoxide (found in car exhaust fumes)
- cadmium (cancer-causing substance, used in car batteries)
- **If you are a smoker, imagine THESE circulating in your body!**



- Smoking not only affects you but your loved ones too
- First-, second- and third-hand smoke can cause wide range of damaging health problems in children and adults.
- A smoke-free environment will protect your family, friends, co-workers, and even your loved pet.



Quitting is not easy, it's worth it!

A variety of approaches to smoking cessation are available.

Some quit tips will help you resist the urge to smoke and fight off cravings



# Quit Tips (1): Gear up to quit

- **Throw away** all your lighters, ashtrays and cigarette packs!
- **Make it known** to everybody that you are quitting smoking.
- List your **quit buddies** and form support groups.
- Know what you are getting into. **Be prepared** for it!



## Quit Tips (2): Use the 4 “D”s to Overcome Urges

- **Distract** yourself by doing something else
- **Delay** lighting up
- **Do** deep breathing exercise to help you relax
- **Drink** a glass of warm water or milk slowly



# Quit Tips (3): Manage Your Nicotine Cravings



## Difficulty concentrating

- Take regular stretch break, drink peppermint tea and sniff peppermint oil which can keep your alertness.



## Feeling irritable

- Practice relaxation exercise such as deep breathing or meditation. Listen to relaxation music. Talk to someone who can provide you support and motivation.



## Having headache

- Get enough sleep aim 7-9hrs a day, try over-the-counter pain reliever, avoid caffeine, cold compression on forehead



# Quit Tips (3): Manage Your Nicotine Cravings



## Feeling tired

- Get enough sleep aim 7-9hrs a day, move your body regular, recognize that the fatigue is a temporary withdrawal symptoms as the body adjusts to not having nicotine



## Coughing

- Drink warm water, suck sugar-free cough drop, It is temporary sign as your lung are healing, and clear mucus and toxins accumulated from smoking



## Hunger or thirst

- Stay hydrated, maintain balance diet, choice non-sweetened juice or healthy snack, avoid sugary or high salt diet



# Quit Tips (4): Change Your Habits

Old habits die hard.  
So, find new habits to replace them!

- **Change daily routine**
- **Keep hands busy**
- **Fill up with healthy snacks**





# Where to seek help to Quit smoking or Vaping

Speak to any healthcare professional for help to quit smoking or vaping or contact us for an appointment!

## **NUH Smoking Cessation Clinic**

To book an appointment with our pharmacist for smoking cessation,

Call NUHS appointment hotline at [65] **6908 2222**

Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

## **Health Promotion Board**

To speak with a trained counsellor to help a person quit smoking or vaping call Quitline at **1800 438 2000**

To register or learn more about the “I Quit” programme, visit <http://healthhub.sg/iquit>

# Thank you.

Information is provided by NUHCS Cardiac Rehabilitation Team

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