

**Smoking Cessation** 



**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

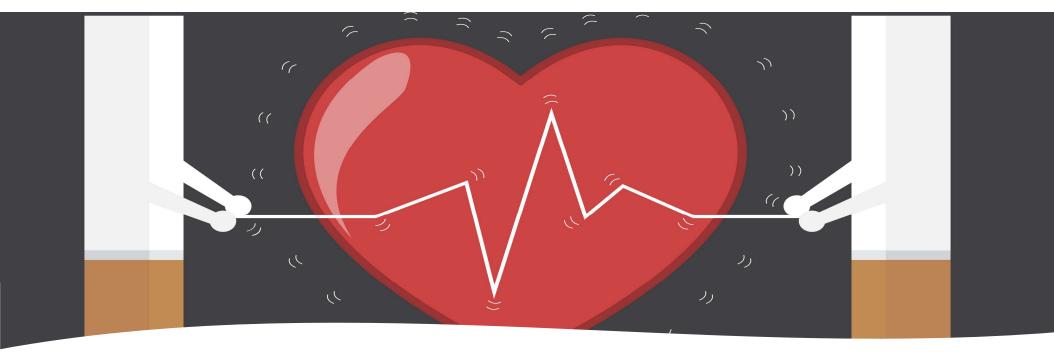
### Disclaimer

Information from this section has been adapted from <a href="HealthHub">HealthHub</a> as following:

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/598/quittips

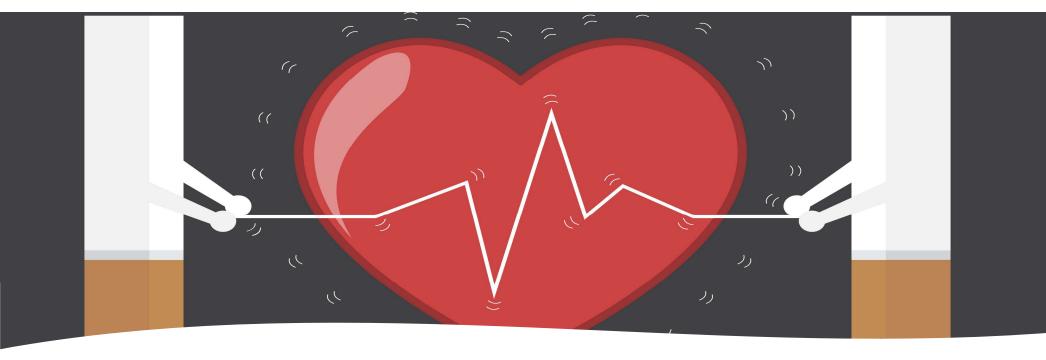


Tobacco use kills 5.4 million people a year worldwide —

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.

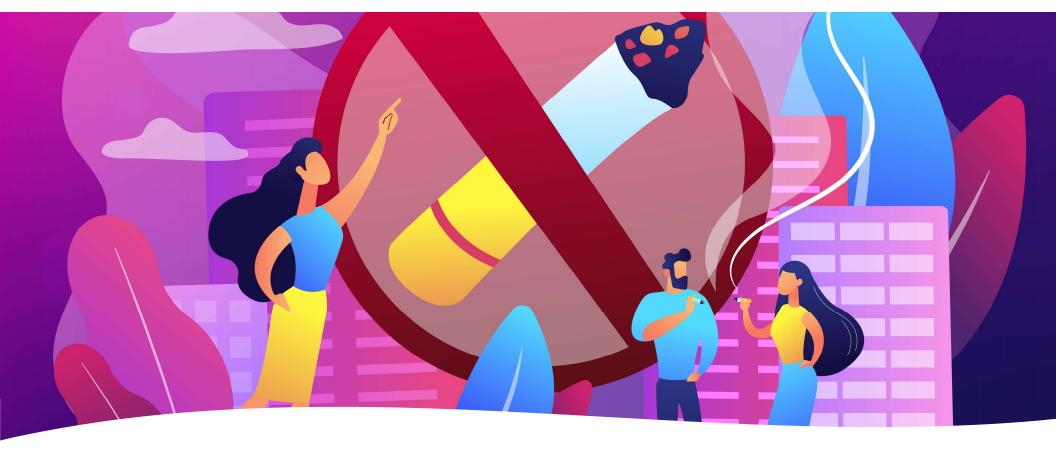


Cigarettes contain over **7,000 chemicals**. Some of the ingredients in cigarettes include toxic substances like:

- 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

- <u>Distract</u> yourself by doing something else
- Delay lighting up
- <u>Do</u> deep breathing exercise to help you relax
- <u>Drink</u> 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-thecounter 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 nonsweetened 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

#### **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 <a href="http://healthhub.sg/iquit">http://healthhub.sg/iquit</a>

# Thank you.

#### Information is provided by NUHCS Cardiac Rehabilitation Team

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