



## ADDICTION

# QUIT IT - WORLD NO TOBACCO DAY

May 31 marks World No Tobacco Day - a day that aims to encourage and promote no smoking. Smoking is responsible for many diseases including lung cancer, chronic lung disease, coronary heart disease and stroke. Quitting lowers your risk of smoking-related diseases.

Make every day, World No Tobacco Day.

Quitting smoking may add more years to your life. According to the National Cancer Institute, smokers who quit before the age of 40 reduce their chance of dying early from smoking-related diseases by 90 per cent and those who quit by age 54 reduce their chance by 66 per cent.

### Withdrawal symptoms

Your last cigarette will, no doubt, come with cravings and withdrawals. This is because the main addictive substance in cigarettes is nicotine (along with other forms of tobacco). The more you smoke, the more your body gets used to it.

Symptoms you can expect include:

- *The urge to smoke* (an intense, yet temporary phase of recovery from nicotine addiction)
- *Sleep disturbances* (from insomnia to feeling lethargic)

- *Constipation* (a common but rarely discussed side effect of smoking cessation)
- *Feeling dizzy* (expect lightheadedness, especially if you're new to the journey).

### Tips to quit smoking

Use these tips from the National Health Service:

- **Think positive:** be patient with yourself and keep positive
- **Plan to quit:** make a promise, set a date and stick to it. Plan ahead to manage feelings of demotivation or tempting situation during your journey
- **Consider your routine:** find healthier alternatives to replace everyday habits that may trigger your cravings
- **Find support:** Let friends and family know your intentions to quit. They can offer support and help hold you accountable
- **Get moving:** research shows that exercise (even a 5-minute walk or stretch) cuts cravings and may help your brain produce anti-craving chemicals.

Some days will be harder than others, and things will get worse before they get better. Think about the rewards you'll reap from quitting and don't be afraid to enlist the help of a professional, if needed.