



Thinking about quitting
smoking?



CMCC
Canadian Memorial Chiropractic College

Five key steps to quit smoking

1. Get ready

- Set a quit date.
- Review your past attempts to quit. What worked and what did not?
- Develop a plan to deal with cravings, withdrawal symptoms and times when you usually smoke a cigarette.
- Change your environment. Get rid of ALL cigarettes and ash trays and don't let people smoke around you.

2. Get support and encouragement. You have a better chance of being successful if you have help.

You can get support through:

- Your health care provider.
- Family, friends and co-workers—ask them not to smoke around you or leave cigarettes out where they will tempt you.
- Individual, group or telephone counselling—it can double your chance of success.

3. Learn new skills and behaviours

- Try to distract yourself from urges to smoke. Talk to someone or take a walk.
- Keep busy.
- Change your routine.
- Do something to reduce your stress. Take a hot bath, exercise or read a book.
- Plan an enjoyable activity every day.
- Drink a lot of water and other fluids.

4. Consult a physician regarding the correct use of medications

- Nicotine medications can reduce the urge to smoke. Nicotine gum, inhalers, patches or lozenges are all available.

5. Be prepared for relapse or difficult situations

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Try again. The following are some challenges you may encounter:

- Alcohol—reduce your consumption. Drinking lowers your chances of success.
- Other smokers—being around who smoke can make you want to smoke.
- Weight gain—many smokers will gain some weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal of quitting smoking.

Benefits of quitting

For the majority of smokers, quitting smoking is the best single thing they can do to improve their length and quality of life.

Former smokers also live longer than those who continue to smoke. For example, statistically those who quit before age 50 half their chances of dying in the next 15 years of smoking related illness compared to those who continue to smoke.

Women who stop smoking before pregnancy or early in their pregnancy reduce the risk of having a low birth weight baby. Quitting can also reduce the chances of stillbirth and early infant death.

A timeline of health benefits after quitting

Within 8 hours	Carbon monoxide levels drop in your body. Oxygen levels in your blood increases to normal.
Within 48 hours	Your chances of having a heart attack start to go down. Sense of smell and taste begin to improve.
Within 72 hours	Bronchial tubes relax making breathing easier. Lung capacity increases.
Within 2 weeks to 3 months	Circulation improves. Lung functioning increases up to 30%.
Within 6 months	Coughing, sinus congestion, tiredness and shortness of breath improve.
Within 1 year	Risk of smoking-related heart attack is cut in half.
Within 10 years	Risk of dying from lung cancer is cut in half.
Within 15 years	Risk of dying from a heart attack is equal to a person who never smoked.

For further information please call or visit the website below.

Smokers' Helpline: 1 877 513 5333
Canadian Cancer Society
cancer.ca

About CMCC and chiropractic care

At the Canadian Memorial Chiropractic College (CMCC), we are committed to fostering excellence in chiropractic. CMCC has a network of chiropractic teaching clinics across the GTA. Each clinic provides its interns with the opportunity to demonstrate their clinical skills in an environment that supports excellence in treatment delivery and patient care.

When you attend our clinic, you will be assessed by one of CMCC's clinical faculty and a chiropractic intern. Your intern will conduct a comprehensive health history and detailed examination, provide a diagnosis and recommend a plan of care.

We employ a variety of treatment approaches including manipulation and soft tissue therapies, rehabilitation and exercise, as part of a comprehensive, personalized treatment protocol.

Talk to us about how we can help support you in your goal to butt out.

Walk-in and new patients are welcome at the following CMCC Clinics:

CMCC Campus

6100 Leslie St.
416 482 2546

Bronte Harbour Chiropractic Clinic

2290 Lakeshore Rd. West
905 825 2011

Sherbourne Health Centre

333 Sherbourne St.
416 324 4166

South Riverdale Community Health Centre

955 Queen St. East
416 778 6883

St. John's Rehab

285 Cummer Ave.
416 224 6942