

# STUBBING OUT



## HELLO

**WELCOME TO AN EXCLUSIVE EDITION OF YOUR VERY OWN STUBBING OUT, PRINTED ESPECIALLY TO CELEBRATE (COMMISERATE, WE THINK NOT) THE END OF SMOKING FREEDOM IN ENGLAND AS OF 1ST JULY 2007.**

### WHAT'S INSIDE?

What's the ban all about? A short guide to the smoking ban.

- ★ Helplines. Who to call for your nearest clinic
- ★ Some statistics. Who doesn't like these?
- ★ What's in your ciggies? Find out all about the embalming fluid here.
- ★ Why should I give up? If there's anyone out there left who doesn't know the answer then this page is for you.
- ★ How to kick the evil weed right out of your life.
- ★ Need help? If willpower alone is not your thing then this is the page for you.

### WHAT'S THE BAN ALL ABOUT?

The ban is all about ensuring that people that don't want to breathe in other's ciggie smoke (passive smoking) don't have to. This is going to be very noticeable for people that work in or spend time in pubs, bars and restaurants but the ban also applies to any indoor or enclosed public space. It's also about making it easier for people to give up smoking, having less temptation around, better air quality and healthier environments for us all. The smoking ban is already in place in Ireland, Scotland and Wales. In England the Government estimates that 600,000 people will give up smoking as a result of the ban – that's around 12 million less cigarettes a day!

Owners of places that are used by the public and need to be smoke free can be fined between £1000 and £2500 if they allow smoking on their premises. If you smoke somewhere you are not meant to you can receive an on the spot fine of £50. If you don't pay and your case goes to court you can be fined £200.

### HELP ME!

If you want more information, leaflets or advice tailored to you or details of your local services go to [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk) or call the helpline 0800 169 0 169.



# SOME STATS ON SEX & DEATH

Want some stats to help convince you that smoking is BAD? Thanks to [www.ash.org.uk](http://www.ash.org.uk) they're all yours! And it's not just death you want to watch out for...

## SEX

- ✦ Sperm count – reduced
- ✦ Ejaculation volume – reduced
- ✦ Fertility (females) – 30% reduction
- ✦ Sperm's ability to swim – reduced
- ✦ Sperm shape – increased abnormalities
- ✦ Impotence (can't get it up)
- ✦ Erectile dysfunction (can't keep it up)
- ✦ Poor circulation (less pleasurable experience)



## DEATH

Half of all smokers will die as a result of their habit. 50% of these deaths will happen in middle age. Smokers are more likely than non-smokers to suffer early death from all these things:

- ✦ Cancers (Lung, Mouth, Throat, Oesophagus, Bladder, Kidney, Stomach, Pancreas)
- ✦ Heart disease
- ✦ Chronic obstructive lung disease
- ✦ Pneumonia

Smoking related deaths tend to be slow and painful deaths too.

## DOES PASSIVE SMOKING CAUSE PROBLEMS?

Yes, of course. Non smokers exposed to regular smoking (at home say) have around a 25% increased risk of heart disease and lung cancer. Children exposed to passive smoking are more at risk of cot death and asthma attacks. Just half an hour of passive smoking reduces blood flow around the heart. Also known as 2nd hand smoke, it contains all the same chemicals, tar and other nasties.

## OTHER ILLNESS

Smokers are also more likely to suffer from these:

- ✦ Angina
- ✦ Back Pain
- ✦ Skin Wrinkles
- ✦ TB
- ✦ Gum Disease
- ✦ Teeth problems
- ✦ Crohn's disease
- ✦ Cataracts
- ✦ Depression
- ✦ Macular (eyes) degeneration
- ✦ Neck Pain
- ✦ Arthritis
- ✦ Osteoporosis



# WHAT'S IN CIGS THEN.. AND WHAT COMES OUT?

Most of us wouldn't eat or drink something if we didn't know what it was, but do we really know what's in the smoke we're breathing in? Don't be a slave to your ignorance, know what's involved!

There's the obvious tobacco, paper, filter and then there's the less obvious but rather nasty residues of pesticides, fertilisers, processing agents and additives. Cigarette additives preserve the cigarettes, make them taste nicer and burn more evenly. Some chemicals are designed to increase the addictiveness. Over 600 different additives are legally permitted. These settle in your lungs as TAR from the tobacco smoke. Here is just a few of them:

**BENZENE** a cancer causing solvent obtained from petrol or coal and associated with Leukaemia.

**FORMALDEHYDE** highly poisonous, cancer causing, associated with breathing, digestive and skin problems. Commonly used to preserve dead bodies (embalming fluid).

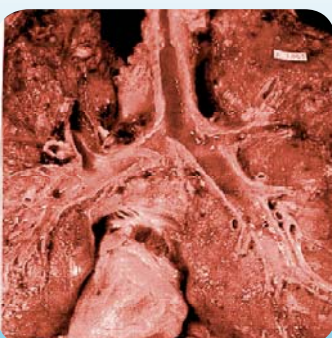
**AMMONIA** used to clean toilets and also to 'free' the nicotine from the tobacco so you can breathe it in and get addicted.

**ACETONE** also used as nail varnish remover

**ARSENIC** used to poison our rodent friends (long-tails to anyone on the Isle of Man)

**CARBON MONOXIDE** the same stuff that comes out of car exhausts, is created when you burn the cigarette. You breathe in this poisonous gas. It prevents your blood carrying as much oxygen around your body.

**NICOTINE** the addictive drug that will kill you quickly at a dose of 60mg and slowly as you smoke those addictive ciggies year after year! Nicotine stimulates your central nervous system, increases your heart rate and increases your blood pressure. All this strain on your heart means it needs more oxygen. Shame that the carbon monoxide is preventing your blood carrying as much as it would normally!



A nice healthy pink lung or a black, tar filled smokers lung—it's not too late to decide?!

[www.neversmokeagain.com](http://www.neversmokeagain.com)



# WHY GIVE UP THE SMOKING HABIT?

Is the damage already done? Is too late? What's the point in giving up? Here are some good things for you to think about...

Stop smoking right now and in:

20 mins – blood pressure and heart rate return to normal, reduced risk of heart attack, circulation improves

8 hours – Nicotine and carbon monoxide levels in your blood halve. Oxygen levels return to normal

24 hours – no more carbon monoxide. Lungs clear out smoking debris and start to grow new tissue

48 hours – no more nicotine, improved taste and smell

72 hours – easier breathing, bronchial tubes relax, increased energy levels

From this point on your circulation will get better, your skin will improve as more nutrients and less poisons are pumped around your body, your lung function will improve as new cells line your lungs. 3 months in and you'll be feeling great. Within a year the risk of heart attack falls to half that of a smoker, within 5 years the increased risk of a stroke will have disappeared, within 10 years your risk of lung cancer is half that of a smoker's and within 15 years the increased risk of heart attack disappears and your skin will have completely recovered.



The sooner you stop the sooner your body can recover!

Giving up an addiction is never easy. Be prepared for the hard part too, it won't last long:

Cravings (as the nicotine decreases)

Bad moods, depression, irritable, light headed, difficulty sleeping (withdrawal process)

Coughs, sore throats and cold like symptoms (as your lungs clean themselves up)

Munchies (as appetite returns, taste improves and you look for something else to put in your mouth – the occasional treat won't do any harm but if you're eating lots make it healthy stuff if you don't want to put on weight)

Remember, smoking does not make you feel better, make you calmer or relax you. It's all an illusion that feeds your addiction. All smoking does is stop the bad feelings caused by withdrawing from your last cigarette.

Your arteries don't have to be like this...

Be aware that smoking any kind of anything is bad for your health. Breathing burning particles into your lungs makes for tar and often carbon monoxide too. Herbal cigarettes may not contain nicotine or be addictive but they're not good for you! The same applies to smoking cannabis. Spliffs don't generally have filters and resin will often contain nasty additives including petrol based oils. The element of breathing in deeper and holding the smoke increases damage. Spliffs are often made using tobacco anyway.

# WAYS OF KICKING THE EVIL WEED!

## COLD TURKEY

The least complicated, cheapest, simplest way. For those of us that really do want to give up, have decided that enough is enough and our relationship with tobacco is over, this is the way to do it. Just don't have another cigarette. It's that simple. Anyone can do it. You'll need bags of will power and friends that won't desert you when you spend a couple of weeks being agitated, short tempered and stroppy. But the addictive nicotine will have left your body within 2 days so after that it is habit and nasty additives that are making you want to smoke.

## ZYBAN

You might have heard a lot about Zyban. This is a prescription only drug, that doesn't contain nicotine. Doctors still don't really understand how it works for quitting smoking, but it does work on the brain. It has been very helpful for some people but has many potential side effects and really isn't suitable for everyone, especially if you have/had mental health problems, epilepsy, liver disease, heart problems or may be pregnant. If you want to know if it's suitable for you ask your doctor.

## ACUPUNCTURE

Auricular (ear) acupuncture is increasingly used to treat many addictions. Small needles are placed in specific places around your ear for around half an hour. The theory relates to rebalancing energy flow, called Qi (pronounced chee). Reports are mixed, some claim a + 85% success rate, others completely deny any real effects. Auricular acupuncture has many a devoted ex-smoker and there's no denying its relaxing and calming effects which will support any attempt to quit. It may work for you and in some places, such as addiction clinics, it is available free of charge. As it's pain free (really) and safe with no side effects if it appeals to you give it a go.

## HYPNOSIS

This is about giving you the confidence to stop smoking and positive affirmations to reinforce that you don't want or need to smoke. It can seem expensive but is far cheaper than months of smoking, has no side effects and a much higher success rate than NRT. Prices vary but between £75 a session or £200 for a course of 3 sessions is average. Some people need only one session to stop. A 20 a day habit will cost you £150 a month!



*A useful saying to remember is '6 weeks to make a habit'. This means that if you can do (or not do) something for 6 weeks then it will become a habit.*

*Know your triggers and avoid them. If you always have a cigarette with a coffee don't have the coffee either. Have a different drink or do something else altogether. The same applies to any trigger for smoking – drinking alcohol, seeing certain friends, going to a certain place. Avoid situations where you know you'll be tempted and replace them with something else, at least at the beginning.*

# MORE WAYS TO KICK THE HABIT

## NICOTINE REPLACEMENT THERAPY (NRT)

NRT works by delivering nicotine to your addicted body in a controlled way so that you can slowly reduce your need for nicotine without having to smoke. NRT comes in many forms including patches, gum, microtabs, inhalers. These are available on prescription (cheapest option, or even free depending on your circumstances) or over the counter. Your doctor or pharmacist will advise you on the strength and course depending on your smoking habits and health history. You then reduce the amount you are using, usually over a three month period, until you no longer need to smoke.

It's important to get the right strength so do discuss what's right for you. Some people are allergic to the patches and many people find other forms of NRT irritate their throat/nose/mouth. Be careful when you first try them and always follow your doctor's advice. Diabetics, people with heart problems and pregnant women need to take extra care when using NRT or may not be able to use it all. Seek advice from your doctor.

Like acupuncture, research on the success of NRT is very mixed. Like everything on these pages—if something appeals to you give it a go.



## PAMPERING YOURSELF

Pampering yourself can take any form you like but anything that makes you feel relaxed and comfortable will help you through the hard times of saying goodbye to smoking. Massage, aromatherapy, swimming, dancing, cooking, facials, playing games, reading – whatever it is you like doing (that doesn't involve smoking) do it some more. Treat yourself with the money you've saved not buying cigs. Try putting the money you would have spent in a box and see how quickly it builds up.

## SUPPORT GROUPS

Support groups are filled with people like you that want to quit. The moral support and the feeling that you're not alone in your struggle can be just what you need when you're struggling with your addiction. If you think this would suit you find your local group and go through the difficult times with others. It won't be like Little Britain's 'Fat Fighters' - honest!

## EXERCISE

Exercise is known to increase the chances of successfully quitting. It makes you feel good, gives you something else to do, improves motivation and helps battle those withdrawal symptoms. 3 or 4 sessions a week of anything you like will make a real difference and any smoking will destroy your hard work so there's an extra incentive not to smoke. Plus it helps balance any extra biscuits had as alternative to the fag break!

That's it then! Good luck, 'don't give up giving up' as they say. Lots of people have to make more than one attempt before they quit successfully.