

Did You Know:

- Within 20 minutes of stopping smoking blood pressure drops and pulse returns to normal.
- After 72 hours of stopping smoking lung capacity increases and ease of breathing occur.
- Within 1 year of stopping smoking the risk of heart disease is cut in half.

Who are we?

Our team consists of physicians, nurses and addiction service workers with expertise in smoking cessation and behavioural change. Since 1994, we have assisted thousands of people in their attempts to stop.

Is now the time for you to explore your options for stopping?

To book a visit call:
416-530-6486 ext. 3969

The information provided in this pamphlet is intended to support, not replace, the advice of a physician. Please consult with a health care professional if you have any questions.

The Stop Smoking Clinic - A Service of the Addiction Medicine Service, Mental Health and Addictions Program.

In partnership with the Family Medicine Centre, St. Joseph's Health Centre, Department of Family and Community Medicine, University of Toronto

Additional resources for information and support on quitting smoking:

Canadian Cancer Society Smokers' Helpline
1-877-513-5333
www.smokershelpline.ca

Toronto Public Health
www.toronto.ca/health

Health Canada
www.hc-sc.gc.ca

HealthyOntario
www.healthyontario.com

Stop Smoking study
www.stopstudy.ca

THE STOP SMOKING CLINIC

at St. Joseph's Health Centre



The Stop Smoking Clinic

Have you ever wanted to stop smoking?

Most smokers would like to stop. They may not feel ready at the moment, but they feel they will stop smoking someday. Everyone has their own reasons to stop. Some of the most common reasons are:

- Be healthier
- Save money
- Be an example for your children
- Avoid bringing second hand smoke around your family
- A friend or family member has asked you to stop

Why don't you call the Stop Smoking Clinic to talk about your smoking?

You do not need to be ready to stop in order to benefit from a consultation. Many people come to find out about their options or to talk about the concerns and fears they have about stopping.

Only you can make the decision to stop, but making that decision is easier when you are well informed and have a professional on your side.

Stop Smoking Myths

Myth #1

There is only one way to stop.

There are many ways to stop smoking. What works for one person does not work for everyone. It's important to develop a plan that works for you. You do not have to do this alone. Studies have shown that seeking help in order to change your behaviour greatly improves your chances of success and we can help you with a variety of options.

Myth #2

Smoking while using the patch is dangerous.

Having a cigarette or two (or using nicotine replacement gum) while wearing the patch is not associated with significant health problems in healthy people.

When attempting to stop, it's important to receive an adequate dose of nicotine.

Thus, heavy smokers sometimes initially require more than one patch to succeed.

Myth #3

Smoking is an effective way to handle stress.

Nicotine cravings actually cause a stress response in your body, so smoking can feel like it's helping your stress, but it is

really just relieving those cravings. There are many healthy ways to handle stress and we can help you explore healthy options.

Myth #4

Using medications to quit means that I am weak.

Nicotine is a powerfully addicting substance, and the majority of smokers do much better at reducing or stopping smoking when they have medical help. Just as someone with diabetes need not feel weak because they take insulin, you do not need to feel weak if you realize that a medication could help you stop. Nicotine replacement is not just another form of addiction. Nicotine, in moderate doses, is not a dangerous drug. Very few people develop a true addiction to Nicotine Replacement. Most people are able to discontinue the patch and gum after a few months.

Myth #5

I will gain weight when I stop.

While it is common to gain some weight when you stop smoking, the majority of people don't keep the weight. We can offer support to ease you through this process.