

# Quit Smoking!

## ■ Health Risks of Smoking

It is very difficult to quit smoking once you begin the habit.

Make the decision to never smoke!

Cigarette smoke contains over 4,000 different chemicals. Of these, about 200 are toxic, and one of them – nicotine – is an addictive stimulant that makes it difficult to quit smoking once you have started. Cigarettes also contain many cancer-causing agents such as tar. Many health risks are associated with smoking, and the box on the right lists some of them. These health risks are greater for people who begin smoking from a younger age.

### Smoking can cause:

- Cancer
- Cardiovascular disease
- Stroke
- Ulcers
- Gum disease
- Face wrinkles/aging

## ■ Secondhand Smoking – What Exactly is it?

When somebody smokes a cigarette they breathe in “firsthand smoke,” but people around them are exposed to “secondhand smoke.” Studies have shown that secondhand smoke can contain greater amounts of toxic chemicals than firsthand smoke. “Secondhand smoking” refers to the inhalation of cigarette smoke from somebody else – regardless of your intent to smoke or not. Some studies indicate that compared to firsthand smoke, breathing secondhand smoke leads to a 1.6 time greater chance of developing health risks such as cancer.



## ■ How to Quit Smoking

### Before quitting:

Be aware of your smoking patterns. Knowing what time and where you usually smoke, as well as what moods make you feel like smoking, can keep you from grabbing for a cigarette simply out of habit the next time you are in those situations.

### Quitting for good:

#### Make a vow to quit smoking!

Decide why you want to quit smoking and let those around you know about your decision.

#### Throw your smoking paraphernalia away.

Get rid of any lighters, ash trays or other smoking-related products you have.

This includes cigarettes, of course!

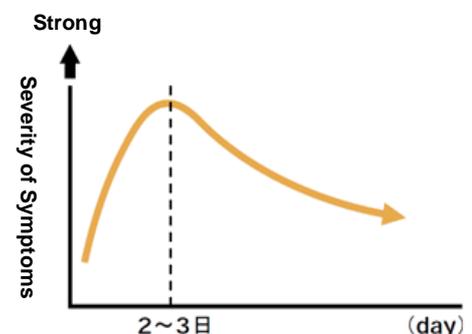
#### Overcome nicotine withdrawal.

Withdrawal symptoms will occur when your body stops getting nicotine from cigarettes. These symptoms will peak about three days after you quit smoking, but will gradually disappear after two to three weeks. They include dizziness, headache, fatigue, drowsiness and irritability.

\*Because these symptoms can interfere with your concentration, try to quit smoking during a time of the year when you do not have tests or big projects.

#### What to do when you feel like smoking:

- Stay away from your old smoking patterns.
- Turn your desire to smoke into energy for something else.
- Avoid places that make you want to smoke.  
Examples: Smoking areas, drinking parties, karaoke, etc.
- Reward yourself for not smoking.
- Set a number of days to not smoke, and when you reach your goal give yourself a reward.
- Stay positive even if you lapse and need to start over again!



### What to do:

- \*Drink cold water or hot tea
- \*Chew gum or dry seaweed
- \*Take some deep breaths
- \*Move your body
- \*Enjoy your favorite hobby

### ■ Join the Online “Quit Smoking Marathon”

This website offers e-mail services to get advice from doctors and encouragement from people who have successfully quit smoking already. Websites like this can help you find the best way for you to quit smoking.

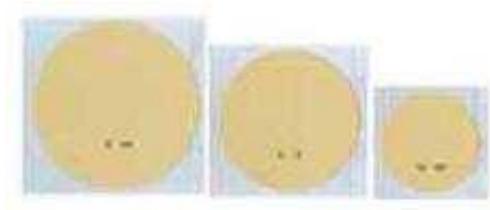
**Quit Smoking Marathon:** <http://kinen-marathon.jp/en/>

### ■ Nicotine Patches Can Make Quitting Easier!

If the process of quitting smoking seems too difficult or long and you are unsure if you can do it, try using medical aids such as nicotine patches.

#### **Nicotine patch:**

Nicotine patches release a small amount of nicotine into the body to reduce withdrawal symptoms, and can be purchased at drug stores. The Health Clinic also offers free nicotine patches (up to 3 per person) and consultation for students who would like to quit smoking. Please feel free to discuss this at the Health Clinic anytime.



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