

QUITTING TIPS

- Choose an opportune time to quit, such as when you are ill with a cold or flu, or a memorable day such as New Year's Day, your birthday etc. But don't make the date so distant that you change your mind.
- Decide whether you are going to stop suddenly or gradually. If it is to be gradual, work out a tapering system so that you have immediate goals on your way to the Quit day.
- Throw away all cigarettes, matches, lighters and ashtrays. If you plan to quit gradually, buy one pack at a time and not in cartons.
- In a diary, make a list of what you like and dislike about smoking. Add to it and refer to it daily.
- If you feel low in energy and have weight gain, try gum, modest exercise, a brisk walk, healthy diet or a new physical activity.
- If you feel restless, try meditating, drinking a new beverage or some new social activity.
- Make a list of things you have always wanted to buy. Next to each, write its cost. Convert each cost into number of packs of cigarettes. Use a special piggy bank to collect this money.
- Do not smoke after you get the craving until at least 3 minutes have passed. During that time, change your thinking or activity.
- Try to help someone else stop smoking.
- Each day try to postpone lighting your first cigarette of the day.
- When you have a craving, keep your hands occupied. Try a musical instrument, knitting or puzzles.
- If you must smoke, only smoke half a cigarette and throw the rest away.
- Visit your Dentist after quitting to clean teeth and remove tobacco stains.
- If you are depressed or have physical symptoms that might be related to your smoking, discuss it with doctor.

BENEFITS OF QUITTING

After 8 hours :

- Nicotine will start to leave your body.
- Your heart rate and blood pressure will begin to return to normal.
- The level of oxygen in your blood will start to increase.

After 24 hours :

- There will be almost no nicotine remaining in your body.
- The level of carbon monoxide in your blood will have dropped dramatically.

After 3 to 5 days :

- Your sense of taste and smell will improve.
- You will feel and sleep better and your breath, clothes and hair will smell fresher.

After 1 month :

- Your immune system will begin to show signs of recovery.
- You will experience less shortness of breath and be able to exercise more easily than before.

After 1 year :

Your risk of dying from coronary heart disease will be half that of a continuing smoker.

After 15 years :

- Your risk of coronary heart disease and stroke will be almost the same as that of a person who has never smoked.



About Smoking Tobacco




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Tobacco is the foremost cause of preventable death in the world today, specifically India. Tobacco use causes a wide range of major diseases which impact nearly every organ of the body ranging from several types of cancers, heart diseases and lung diseases.

Various forms of smoking tobacco products are found in different parts of India. Each product differs from the other in their composition, way of usage, and other socio cultural implications.

Cigarettes - Cured, shredded and reprocessed tobacco is packed in white paper. One end is ignited, and smoke is inhaled into the mouth and lungs. The inhaled smoke rapidly delivers nicotine, an addictive stimulant drug, directly to the brain. A cigarette contains as many as 4000 chemicals of which 200 are known carcinogens (cancer causing agents).



Bidis - It consist of 0.2-0.3 gram sun-cured smoking tobacco loosely packed and rolled in dried tendu leaf and tied with a cotton thread . Due to their non-porous wrapper, bidis deliver more nicotine, CO (carbon monoxide) and tar compared to the cigarette .Traditionally bidis are non-filtered and non-flavored, but lately bidis made for export are often flavoured with fruit or chocolate. Their low cost makes them popular amongst the lower socioeconomic classes.

Cigar- A cigar contains air-cured fermented tobacco filler, held together by a processed tobacco binder, covered with a tobacco-leaf spiral wrapper, and tapered ends. A factory made smoking product used among affluent urban men and women.

Hookah/Sheesha – Indian water pipe – In a glass bowl, tobacco is slowly burned over hot charcoal and smoke is then passed through water and inhaled via a long pipe. The tobacco is a mixture of 30% tobacco with 70% molasses / honey and fruit pulp. Hookah tobacco is stronger than cigarette or bidi tobacco, and around 20gms of this tobacco mixture is smoked at each sitting and shared among users. The smoke contains higher levels of CO due to the use of charcoal. At any given sitting, a user could inhale many times more nicotine and other harmful tobacco constituents than a cigarette. While hookah smoking had declined since the 1950s, hookah bars and cafes have recently come up as attractive social joints for young adults.

Chillums - The chillum is a straight conical clay pipe completely filled with tobacco and lit at the top with a glowing charcoal. Originally used to smoke opium, it is strictly used by men in Gujarat and Uttar Pradesh. The user takes deep breaths, using full lung capacity to inhale the entire smoke.

Hooklis – Hook -shaped clay pipes with a wooden stem used mostly by men. This pipe tobacco tends to be darker and stronger than cigarettes in general. About 15 grams of tobacco may be smoked daily.

Cheroot- A cheroot is a commercially-made roll of heavy bodied tobacco held together with a binder and fermented. This is similar to cigars but clipped at both ends.

Chuttas – They are hand made in small cottage industries along the coastal region of South India. It is a coarsely prepared small cigar, rolled in tobacco leaf like a cylinder and tied at one end. Tribal women typically smoke chuttas in reverse (the end inside the mouth is lit).

Dhumtis – It is a home-made smoking product, also smoked in reverse, and prevalent in Goa. It is made by rolling a tobacco leaf inside a jackfruit tree leaf or Hansali leaf.

BEFORE YOU SMOKE, GET TO KNOW THE INGREDIENTS

Carbon monoxide – A poisonous gas produced by burning tobacco, gets absorbed into the bloodstream where it decreases the amount of oxygen available to the body, and this subsequently puts pressure on the heart. This gas is also found in car exhaust fumes.

Nicotine - The addictive drug in tobacco which affects the nervous system and increases blood pressure and heart rate. Concentrated nicotine is a deadly poison and is widely used as an insecticide.

Tar - A mixture of hundreds of chemicals, some of which are known to cause cancer. Tar builds up in lung tissues and penetrates deep into lungs where it does most damage.

Some other constituents found in tobacco smoke and their common uses

Sulphur Dioxide – a food preservative.

Hydrogen sulphide –antiseptics or bleach.

Acetone- nail polish remover.

Ammonia – toilet and floor cleaner.

Cadimium – battery fluid.

DDT – a form of insecticide now banned.

Dieldrin – insecticide.

Naphthalene – moth repellents and explosives.

Arsenic – poison.

Butane – lighter fluid, refrigerant, and aerosol propellant.

Menthol – antifreeze fluid and fuel.

HAZARDS OF TOBACCO USE

Immediate consequences – Bad Breath; Loud persistent cough; Smelly clothes; Dizziness; Increased susceptibility to colds and flu; Smelly hair; Muscle tension.

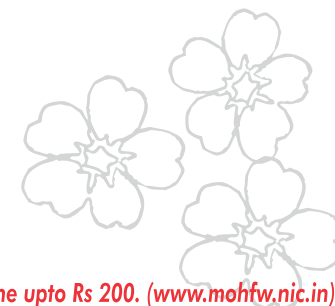
Long term consequences – Addiction; Increased risk of infertility and impotence; Cardiovascular disease; Clogged arteries, Stroke; Cancer of the Lung, Mouth, throat, larynx (voice box), oesophagus (food pipe), liver, pancreas, stomach, kidney, bladder and cervix, as well as some types of leukaemia; Early aging and wrinkling; Stained fingers and fingernails; Stained teeth; Reduced fitness.

Hookahs are known to cause chronic obstructive lung disease as well as carbon monoxide poisoning, and transmission of tuberculosis, herpes and hepatitis.

Passive Smoking /Second-hand Smoking – Passive smoking is inhalation of tobacco smoke from other people's cigarettes, cigars and pipes. A passive smoker is exposed to the same dangerous substances as active smoker, thus unknowingly one harms his children, family, and friends. Exposure to passive smoke causes lung cancer and heart disease in adults, lower respiratory illness in children and contributes to the symptoms of asthma in children.

Third Hand Smoking - Tobacco smoke contamination remains long after the cigarette has been extinguished. A cocktail of toxins linger in carpets, sofas, clothes, hair and other materials hours or even days after a cigarette is put out. This is termed as Third-hand smoking, and is especially a health hazard for infants and children.

Like any addictive drug, it is difficult for users to quit tobacco on their own. We at CPAA understand and provide support to tobacco users to overcome their dependence. We have a cessation program that entails individual counseling and support groups for the users. Contact us on (022) 24924000 and 24928775 for further details.



BANNED : Since 2nd Oct, 2008 as per the GSR 417(E), the Central Govt. of India has strictly prohibited smoking in all public places. Any violation of this act is punishable by law and subject to a fine upto Rs 200. (www.mohfw.nic.in)