



Patient Information

Guide to Quitting Smoking Smoking Cessation Program

Vitalité Zone: 1B 4 5 6

Some health professionals are trained to advise you and help you along your path toward quitting smoking. Please feel free to contact them if needed.

Vitalité Health Network

Beauséjour Zone

- Dr. Georges-L.-Dumont University Hospital Centre
Pulmonary Health Centre 506-869-3597
506-862-4542
- Smoking Cessation Clinic – Dieppe 506-869-2446
- Stella-Maris-de-Kent Hospital 506-743-7855
- Shediac Medical Centre 506-869-2446

Northwest Zone

- Sainte-Anne Health Centre 506-445-6200
- Haut-Madawaska Medical Clinic 506-992-0055

Pulmonary Clinic

- Edmundston Regional Hospital 506-739-2411
- Grand Falls Regional Hospital 506-473-7686
- Hôtel-Dieu Saint-Joseph de Saint-Quentin 506-235-7119

Addiction Services

- Edmundston 506-735-2092
- Grand Falls 506-473-7545
- Saint-Quentin 506-235-7155

Restigouche Zone

- St. Joseph Community Health Centre 506-684-7727
- Jacquet River Health Centre 506-237-3222
- Campbellton Regional Hospital 506-789-5365

Addiction Services

- Campbellton 506-789-7055

Acadie-Bathurst Zone

- Chaleur Health Centre 506-542-2434
- Paquetville Health Centre 506-764-2424
- Saint-Isidore Community Health Centre 506-358-6018
- Tracadie-Sheila Hospital 506-394-3090
- Enfant-Jésus RHSJ† Hospital (Caraquet) 506-726-2240
- Chaleur Regional Hospital 506-544-3234
- Lamèque Hospital and Community Health Centre 506-344-3538
- Miscou Health Centre 506-344-3434
506-344-3538

Addiction Services

- Bathurst 506-547-2086
- Tracadie-Sheila 506-394-3615

Guide to Quitting Smoking

Introduction

Quitting smoking is the best thing you can do to improve your quality of life and your health.

Studies have shown that with each attempt, you increase your chances of quitting for good.

It has been proven that your **odds of success** of quitting smoking double with nicotine replacement therapy and triple when follow-up from a smoking cessation counsellor is added.



The strategies and tips contained in this guide are designed to help you quit smoking.

How does nicotine affect your brain?



Nicotine is a chemical in tobacco that creates strong addiction and makes you feel energized, alert or calm.

When you consume nicotine, it arrives at your brain in less than 10 seconds (or five heartbeats).

Over time, your brain gets used to the nicotine and perceives this stimulation as normal.

When there is no more nicotine in your body after you have finished smoking, your brain goes into withdrawal.

You feel unwell without your dose of nicotine and feel the need to smoke again.

Your Quit Smoking Plan

Your quit date: ____ - ____ - ____ (yyyy-mm-dd)

Your quit smoking medications:

Nicotine replacement therapy (NRT)

Patch ____ mg Inhaler Gum ____ mg Lozenges ____ mg

Mouth spray

Varenicline (Champix) Bupropion (Zyban or Wellbutrin)

Start date: _____



Plan your success: Make a list of the things you're going to do to overcome your cravings (for example, when you drive = you chew gum).

Reference: Canadian Cancer Society, 2013. Help a Smoker Quit, One Step at a Time.

Benefits of Quitting Smoking

Less than 20 minutes after you've smoked your last cigarette, your body starts undergoing a series of changes that will continue for years.



20 minutes smoke-free: Your blood pressure, pulse, and the temperature of your hands and feet returned to normal.

8 hours smoke-free: The level of carbon monoxide in your body drops and the level of oxygen in your blood goes back to normal.

24 hours smoke-free: Your risk of heart attack drops.

48 hours smoke-free: Your nerve endings start becoming sensitive again. Your sense of smell and taste improves.

Between 2 weeks and 3 months smoke-free: Your circulation improves. You feel less tired walking. Your lung capacity may increase up to 30%.

Between 1 and 9 months smoke-free: You cough less and are less congested, tired and out of breath. The cilia in your lungs start to grow back and are better able to remove mucus, clean your lungs, and reduce your risk of infection. You have more energy.

1 year smoke-free: Your risk of heart attack related to smoking drops by 50%.

5 years smoke-free: The death rate from lung cancer among former one-pack-a-day smokers drops by 50%. Your risk of developing cancer of the mouth, throat and esophagus is two times less than the risk for smokers.

Between 5 and 15 years smoke-free: Your risk of stroke is the same as for non-smokers.

10 years smoke-free: Your risk of dying of lung cancer drops by over 50%. Precancerous cells are replaced.

15 years smoke-free: Your risk of dying of a heart attack is the same as for a lifelong non-smoker.

References: <http://www.jarrete.qc.ca/fr/fiches/sante.html>; <https://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/quit-smoking-now/benefits-quitting.html>; Canadian Cancer Society (2013). For Smokers Who Want to Quit: One Step at a Time. <https://www.lung.ca/lung-health/smoking-and-tobacco/benefits-quitting>

Withdrawal Symptoms

Here are a few of the uncomfortable things you may experience when you quit smoking.

Possible discomfort

- Urge to smoke / need for nicotine
- Tiredness / trouble sleeping
- Cough
- Burping / stomach ache
- Hunger / increased appetite
- Headache / dizziness
- Irritability / aggressiveness
- Trouble concentrating
- Agitation
- Feeling depressed



These symptoms and how long they last will vary from one person to another. They generally start to appear a few hours after someone has stopped smoking and may increase in the evening. They tend to ease after four or five days.

If symptoms persist, contact your smoking cessation counsellor.

References : <http://www.jarrete.qc.ca/fr/fiches/sevrage.html> ; http://www.smoke-free.ca/pdf_1/smoking_guide_en.pdf

Caffeine

When you quit smoking, it affects your caffeine level. The effect of caffeine can double and even triple when you stop consuming the nicotine found in tobacco.

It is highly recommended to reduce your caffeine intake when you quit smoking to minimize the side effects of caffeine overdose. You should cut your caffeine intake in half by reducing the number of caffeinated drinks you consume every day, such as coffee, tea, soft drinks and energy drinks. You may also replace coffee with a decaffeinated beverage.

Keep in mind that the symptoms of caffeine overdose and of nicotine withdrawal are similar. The possible adverse effects of caffeine overdose include caffeine poisoning, nervousness, irritability, headaches, insomnia, and heart palpitations.

Tips to gradually reduce your caffeine consumption:

- Order coffee made of 50% decaf and 50% regular coffee;
- Make your coffee at home with less coffee but the same amount of water;
- Order coffee made of 50% regular coffee and 50% hot water;
- When you make tea in a teapot, use fewer teabags than normal;
- Don't leave the teabags steeping in the hot water;
- Avoid drinking coffee in situations where you would normally smoke.

Reference: Your Quit Smoking Plan, Ottawa Model for Smoking Cessation – University of Ottawa Heart Institute.



Tips to Overcome Withdrawal Symptoms



If your appetite increases:

- Drink plenty of water;
- Eat healthy snacks and balanced meals (3 meals + 2 snacks);
- Prepare fruits and vegetables that you can eat when you're hungry;
- Avoid low nutrition foods and beverages.

If you have a craving to smoke:

- Drink water;
- Eat a healthy snack (fresh fruit or raw veggie sticks);
- Do an activity to get your mind off smoking (e.g. gardening, housework);
- Chew on a straw or chew sugarless gum, blow bubbles;
- Brush her teeth;
- Go for a walk, put on some music you like and dance;
- Avoid drinking alcohol.

If you feel depressed or agitated:

- Be positive;
- Surround yourself with people you like;
- Talk to your doctor if you continue feeling depressed;
- Do physical activities such as walking, relaxation exercises (deep breathing), meditation or yoga.



If you're having trouble concentrating:

- Avoid situations that trigger additional stress for you;
- Take a break;
- Ask for help with tasks;
- Exercise (e.g. walking, cycling).



If you feel irritable or aggressive:

- Exercise;
- Do deep breathing;
- Meditate.



If you're having trouble sleeping:

- Do relaxation techniques before going to bed;
- Take a bath;
- Avoid foods containing caffeine;
- Don't nap during the day.



References : <http://www.jarrete.qc.ca/fr/fiches/sevrage.html> ;
http://www.smoke-free.ca/pdf_1/smoking_guide_en.pdf

Canadian Cancer Society (2013). For Smokers Who Want to Quit: One Step at a Time.

Tips to Beat Cravings

If you want to quit smoking, you have to develop new habits. This means choosing and putting into practice strategies and tips to quit smoking. Here are some strategies to get ready to quit smoking.

Delay smoking

- A craving lasts less than five minutes.
- When you have a craving, find something else to do and the time between cravings will gradually lengthen. Gradually increase the time between your cigarettes.



Avoid smoking

The idea is to change your thought patterns and to avoid being in contact with the things, people and situations that trigger the urge to smoke.

- Choose the date when you want to quit smoking.
- Replace your smoke break with a pleasant activity.
- Say no when people offer you cigarettes.
- Do activities with non-smokers.
- Throw your pack of cigarettes away.
- Avoid drinking alcohol (which can trigger the urge to smoke).
- Think positive thoughts.



Replace smoking

Move your body: Replace smoking with physical activities that you like.

Treat yourself: Look for other activities that you enjoy or that make you laugh.

Keep your hands busy: Draw, knit, crochet, wash your car, fidget with a pencil.

Keep your mouth busy: Talk on the phone, sing, chew gum, brush her teeth several times a day, keep a water bottle with you and drink little sips regularly, keep healthy snacks handy (raw veggies), chew on a straw.

Reward yourself: Use the money you saved by not buying cigarettes. Suggestion: Deposit the money in a savings account earmarked for a trip, buying a boat or motorcycle, or making one of your dreams come true.

Relax

Do **slow deep breathing** to get your mind off smoking.

Do **relaxation exercises** (yoga, stretching, walking).

Listen to your **favourite music**.

Avoid consuming caffeine in order to prevent nervousness, irritability, headaches and trouble sleeping.

References: Canadian Cancer Society (2013). For Smokers Who Want to Quit: One Step at a Time; Your Quit Smoking Plan, Ottawa Model for Smoking Cessation – University of Ottawa heart Institute.

Guide to Quit Smoking with Help from Medications

There are medications to help you quit smoking and reduce your withdrawal symptoms.

You double your **odds of success** by taking quit smoking medication. If you add follow-up with a smoking cessation counsellor, you triple your **odds of success**.

A smoking cessation counsellor, your nurse practitioner, your doctor or your pharmacist can help you choose the medication or the nicotine replacement therapy best suited to help you quit.

Some medications require a doctor's prescription.

The suggested medications are safe and will help you overcome your cravings. They will also help you overcome your nicotine withdrawal symptoms until you feel ready to live smoke-free.



If you are taking medications or have health problems, inform your smoking cessation counsellor, your nurse practitioner, your doctor and your pharmacist before starting nicotine replacement therapy or a therapy without nicotine.

If you are having kidney, liver, or mental health problems, you must proceed cautiously with certain medications.

Reference: Your Quit Smoking go to sleep will Plan, Ottawa Model for Smoking Cessation – University of Ottawa Heart Institute.

Different Treatments Available

With help from your smoking cessation counsellor, you will be able to accurately evaluate your nicotine addiction and discuss the various treatments available to overcome the urge to smoke.

Your treatment may be different than someone else's depending on the number of cigarettes you smoke per day. Your treatment may also be different depending on how you smoke. For example, do you pinch the filter? Do you smoke quickly? How soon after waking up do you smoke your first cigarette? Do you smoke at night? And so on...

A combination of treatments may be needed to prevent your cravings or your withdrawal symptoms and allow you to quit smoking for good!

You may also need to start gradually tapering down before you quit completely. Check with your smoking cessation counsellor, who'll be able to help you.

Reference: Your Quit Smoking Plan, Ottawa Model for Smoking Cessation – University of Ottawa Heart Institute.

Therapy Without Nicotine



Varénicline (Champix^{MD})

You must get a prescription from a doctor or nurse practitioner.

Varenicline is recommended in combination with smoking cessation education sessions. It acts on the brain like nicotine and reduces the urge to smoke as well as withdrawal symptoms.

<u>Recommended Treatment</u>	<u>Important Instructions/Information</u>	<u>Possible Side Effects</u>
<p>Day 1 to day 3 (0.5 mg): 1 tablet per day</p>	<ul style="list-style-type: none"> • Choose your quit date. • Start taking varenicline 8 to 35 days before your quit date. • You must take varenicline (tablet) with a large glass of water after eating. • Use caution taking varenicline when you are doing activities that require alertness, such as driving a car or operating machinery. If you (or a member of your family) note changes in your mood or behaviour, stop taking varenicline immediately and contact your smoking cessation counsellor or your doctor. 	<ul style="list-style-type: none"> • Nausea • Trouble sleeping • Headaches • Strange dreams • Constipation • Vomiting • Flatulence • Depression or moodiness • Allergic reaction <p><u>How to prevent nausea</u></p> <ul style="list-style-type: none"> • It's very important to drink plenty of water when taking varenicline treatment. • Take varenicline at mealtime, with a large glass of water. • Make sure that at least 8 hours separate your 2 doses. • For over-the-counter anti-nausea medication, talk to your pharmacist.
<p>Day 4 to day 7 (0.5 mg): 1 tablet at breakfast and 1 tablet at supper</p> <p>*Make sure that at least 8 hours separate your 2 doses.</p>		
<p>Week 2 to week 12 (0.5 or 1 mg): 1 tablet at breakfast and 1 tablet at supper</p> <p>*Make sure that at least 8 hours separate your 2 doses.</p>		
<p>Length of treatment: 12 to 24 weeks</p> <p>***The dose may be cut to reduce nausea.</p> <p>***You may speak to your smoking cessation counsellor or your doctor about the possibility of combining varenicline and NRT.</p>		

Reference: Your Quit Smoking Plan, Ottawa Model for Smoking Cessation – University of Ottawa Heart Institute.

Bupropion (Zyban®)

You must get a prescription from a doctor or nurse practitioner.

Bupropion is a medication recommended to help people quit smoking.

- It increases the levels of substances in the brain that are normally released when someone smokes a cigarette.
- It reduces withdrawal symptoms and the urge to smoke.
- It is also used as an antidepressant.

<u>Recommended Treatment</u>	<u>Important Instructions/Information</u>	<u>Possible Side Effects</u>
<p>Day 1 to day 3: 1 tablet per day (150 mg)</p>	<ul style="list-style-type: none"> • Choose your quit date. • Start taking bupropion 8 to 35 days before your quit date. • Bupropion takes effect in about one week. • If you (or a member of your family) note changes in your mood or behaviour, stop taking bupropion immediately and contact your smoking cessation counsellor or your doctor. 	<ul style="list-style-type: none"> • Trouble sleeping • Dry mouth • Nausea • Constipation • Anxiety • Altered taste • Palpitations • Tremors • Epileptic seizures (rare) <p><u>How to prevent nausea</u></p> <ul style="list-style-type: none"> • It's very important to drink plenty of water when taking bupropion treatment. • Take bupropion at mealtime with a large glass of water. • Make sure that at least 8 hours separate your 2 doses. <p>For over-the-counter anti-nausea medication, talk to your pharmacist.</p>
<p>Day 4 to week 12: 1 tablet at breakfast and 1 tablet at supper *Make sure that at least 8 hours separate your 2 doses.</p>		
<p>Length of treatment: 7 to 12 weeks. Some people need a longer period of treatment.</p> <p>***You may speak to your smoking cessation counsellor or your doctor about the possibility of combining bupropion and NRT.</p>		

Reference: Your Quit Smoking Plan, Ottawa Model for Smoking Cessation – University of Ottawa Heart Institute.

Nicotine Replacement Therapy: Long Acting

<u>Number of cigarettes smoked per day</u>	<u>Nicotine patch – Recommended treatment</u>	<u>Important Instructions/Information</u>	<u>Possible Side Effects</u>
<u>Less than 10</u> If you smoke less than 30 minutes after waking up, go to the next treatment.	<u>Week 1 to week 6</u> Nicotine patch, 7 mg per day	<ul style="list-style-type: none"> • This therapy reduces nicotine withdrawal symptoms and the irresistible urge to smoke. • You must follow various steps, based on the number of cigarettes that you smoke per day. • Apply the nicotine patch on skin that is clean, dry, free of hair, and above the waist. • The therapy is tailored to your specific needs. This makes it very important for you to follow the recommended therapy. • If you are going to do vigorous exercise for an extended period of time, remove the patch two hours beforehand. • Change the patch every 24 hours. Make sure to remove the old patch. 	<ul style="list-style-type: none"> • Trouble sleeping • Skin irritation • Headaches • Palpitations • Nervousness <p><u>How to prevent side effects</u></p> <p><u>Trouble sleeping and/or strange dreams</u> Remove the patch at night and put it back on when you wake up.</p> <p><u>Skin irritation</u> Apply the patch at a different location every day. Use a clear patch. Apply a thin layer of cortisone-based cream, let it dry and put the patch over top.</p>
<u>From 10 to 19</u> If you smoke less than 30 minutes after waking up, go to the next treatment.	<u>Week 1 to week 6</u> Nicotine patch, 14 mg per day <u>Week 7 to week 10</u> Nicotine patch, 7 mg per day		
<u>From 20 to 29</u> If you smoke less than 30 minutes after waking up, go to the next treatment.	<u>Week 1 to week 6</u> Nicotine patch, 21 mg per day <u>Week 7 to week 10</u> Nicotine patch, 14 mg per day <u>Week 11 and week 12</u> Nicotine patch, 7 mg per day		
<u>From 30 to 34</u> If you smoke less than 30 minutes after waking up, go to the next treatment.	<u>Week 1 to week 6</u> Nicotine patch, 21 + 7 mg per day <u>Week 7 to week 10</u> Nicotine patch, 21 mg per day <u>Week 11 and week 12</u> Nicotine patch, 14 mg per day <u>Week 13 and week 14</u> Nicotine patch, 7 mg per day		

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<p><u>From 35 to 40</u> If you smoke less than 30 minutes after waking up, go to the next treatment.</p>	<p><u>Week 1 to week 6</u> Nicotine patch, 21 + 14 mg per day <u>Week 7 to week 10</u> Nicotine patch, 21 + 7 mg per day <u>Week 11 and week 12</u> Nicotine patch, 21 mg per day <u>Week 13 and week 14</u> Nicotine patch, 14 mg per day <u>Week 15 and week 16</u> Nicotine patch, 7 mg per day</p>	<ul style="list-style-type: none"> • Use nicotine gum or lozenges or a nicotine inhaler in combination with the nicotine patch as long as necessary. • If 24 hours after starting to use a nicotine patch you are experiencing nicotine withdrawal symptoms, you can increase the dose from the nicotine patch by 7 mg. Contact your smoking cessation counsellor, your pharmacist, or your doctor. 	
<p><u>More than 40</u></p>	<p><u>Week 1 to week 6</u> Nicotine patch, 21 + 21 mg per day <u>Week 7 to week 10</u> Nicotine patch, 21 + 14 mg per day <u>Week 11 and week 12</u> Nicotine patch, 21 + 7 mg per day <u>Week 13 and week 14</u> Nicotine patch, 21 mg per day <u>Week 15 and week 16</u> Nicotine patch, 14 mg per day <u>Week 17 and week 18</u> Nicotine patch, 7 mg per day</p>		

Reference: Your Quit Smoking Plan, Ottawa Model for Smoking Cessation – University of Ottawa Heart Institute.

Pre-Quitting

You can start using the nicotine patch before your quit date. This will help you gradually reduce your addiction to nicotine.

Tapering Down to Quit

You can start reducing the number of cigarettes that you smoke per day using a short-acting nicotine replacement therapy to help you overcome the urge to smoke and ensure that you gradually reduce your consumption. Talk to your smoking cessation counsellor to plan this treatment.

Nicotine Replacement Therapy: Short Acting

Nicotine replacement therapies can be used in combination with a nicotine patch, Zyban, and Champix to help ease occasional cravings.

<u>Nicotine gum</u>	<u>Important Instructions/Information</u>	<u>Possible Side Effects</u>
<ul style="list-style-type: none"> • 2 mg: for people who smoke their first cigarette more than 30 minutes after they wake up. • 4 mg: for people who smoke their first cigarette less than 30 minutes after they wake up. <p><u>Week 1 to week 6</u> 1 piece of gum as needed every 1 to 2 hours</p> <p><u>Week 7 to week 10</u> 1 piece of gum as needed every 2 to 4 hours</p> <p><u>Week 10 to week 12</u> 1 piece of gum as needed every 4 to 8 hours</p>	<p>Use the gum as needed.</p> <p>Chew the gum until you become aware of its taste. Then stop chewing it and place it between your cheek and your gums. When the flavour of the gum fades, start chewing it again and then place it between your cheek and gums again. Repeat for 30 minutes and then discard the gum.</p> <p>Never swallow the gum.</p> <p>Use the gum as long as you need to.</p> <p>For the nicotine to be absorbed better, don't eat or drink for 15 minutes before and after using the gum.</p>	<p>Stomach ache</p> <p>Nausea</p> <p>Vomiting</p> <p>Mouth irritation</p> <p>Hiccups</p> <p><u>How to prevent side effects</u></p> <p>Don't chew the gum constantly. Follow the instructions / important information.</p> <div style="text-align: center;">  </div> <p>***The gum is available in different flavours.</p>
<u>Nicotine lozenges:</u>	<u>Important Instructions/Information</u>	<u>Possible Side Effects</u>
<ul style="list-style-type: none"> • 1 mg or 2 mg: for people who smoke their first cigarette more than 30 minutes after they wake up. • 4 mg: for people who smoke their first cigarette less than 30 minutes after they wake up. <p><u>Week 1 to week 6:</u> 1 lozenge as needed every 1 to 2 hours</p> <p><u>Week 7 to week 10:</u> 1 lozenge as needed every 2 to 4 hours</p> <p><u>Week 10 to week 12:</u> 1 lozenge as needed every 4 to 8 hours</p>	<p>Place the lozenge in your mouth and let it dissolve.</p> <p>Move the lozenge around in your mouth until it is completely dissolved.</p> <p>Each lozenge will take 10 to 20 minutes to dissolve.</p> <p>Don't chew, cut or grind the lozenges</p> <p>For the nicotine to be absorbed better, don't eat or drink for 15 minutes before and after taking a lozenge.</p>	<p>Nausea</p> <p>Heartburn</p> <p>Cough</p> <p>Hiccups</p> <div style="text-align: center;">  </div> <p>***The lozenges are available in different flavours.</p>

<u>Oral Nicotine Vaporizer</u>	<u>Important Instructions/Information</u>	<u>Possible Side Effects</u>
<p>Spray once or twice as needed every 30 to 60 minutes.</p> <p>Maximum dose: Spray 4 times per hour or 64 times per day</p> <p>You receive 1 mg of nicotine each time you spray.</p> <p>Starting the seventh week, you can gradually start to reduce the number of times you spray per day until you no longer feel the need to use the nicotine spray.</p>	<p>Activate the vaporizer pump when you use it for the first time.</p> <p>Place the vaporizer as close as possible to your mouth, then press on the pump to directive the spray into your mouth.</p> <p>Don't breathe in when you press on the pump and don't swallow for a few seconds after spraying the nicotine into your mouth.</p> <p>A strong taste of mint will linger in your mouth.</p>	<p>Hiccups</p> <p>Tingling lips</p> <p>Nausea</p> <p>Headaches</p>
<u>Nicotine Inhaler</u>	<u>Important Instructions/Information</u>	<u>Possible Side Effects</u>
<p>Place a cartridge in the plastic tip.</p> <p>Use a maximum of 12 cartridges per day.</p> <p>When you inhale from the tip, the nicotine is transformed into a vapour and absorbed through the lining of your mouth and throat and not through your lungs.</p> <p>Clean the tip regularly with soap and water. Let it dry before you reuse it.</p> <p>The inhaler has a mint flavour that helps reduce the risk of mouth irritation. When the mint flavour fades, this indicates that the cartridge is empty.</p>	<p>Starting the seventh week, gradually reduce the number of cartridges you use per day.</p> <p>After 12 weeks, you should bring your treatment to an end. However, you can use the nicotine inhaler longer if the urge to smoke continues.</p> <p>Each cartridge contains approximately 80 puffs or the equivalent of 20 minutes of continuous puffing.</p> <p>Take little puffs as needed, as often as you need to.</p> <p>Inhale slowly to prevent throat irritation.</p> <p>For the nicotine to be absorbed better, don't eat or drink for 15 minutes before and after using the inhaler.</p>	<p>Headaches</p> <p>Irritation of the mouth, throat and nose</p> <p>Cough</p> <p>Stomach ache</p> <div data-bbox="1175 1362 1531 1556" data-label="Image"> </div>

Reference: Your Quit Smoking Plan, Ottawa Model for Smoking Cessation – University of Ottawa Heart Institute.



NB anti-tobacco COALITION antitabac du N.-B.

What are electronic cigarettes?

Electronic cigarettes are also called “e-cigarettes.” They are a battery operated device designed to resemble a real cigarette.

Most e-cigarettes have three main parts:

- A small liquid-filled replaceable plastic cartridge. This liquid usually contains water, flavouring and propylene glycol. Some cartridges also contain nicotine;
- An atomizer (a heating element that vaporizes the liquid);
- A rechargeable battery.

How does an e-cigarette work?

When the user inhales (“vapes”), a small amount of the liquid goes from the cartridge to the atomizer where it is transformed into a vapour. The user then inhales this vapour, which gives them the impression of smoking a real cigarette.

Are e-cigarettes safe?

- Health Canada and the World Health Organization recommend against using e-cigarettes because of the eventual risks and the lack of solid data on safety, quality and effectiveness.
- E-cigarettes could pose a risk of nicotine poisoning and addiction.
- Due to the risks of nicotine poisoning and of suffocation, e-cigarettes and their cartridges must be kept out of reach of children.
- E-cigarettes may explode if the battery malfunctions.

Do e-cigarettes help people quit smoking?

- There is no scientific data proving that e-cigarettes can help you quit smoking.
- A certain number of safe and effective smoking cessation tools exist, such as nicotine patches, gum, inhalers and lozenges.

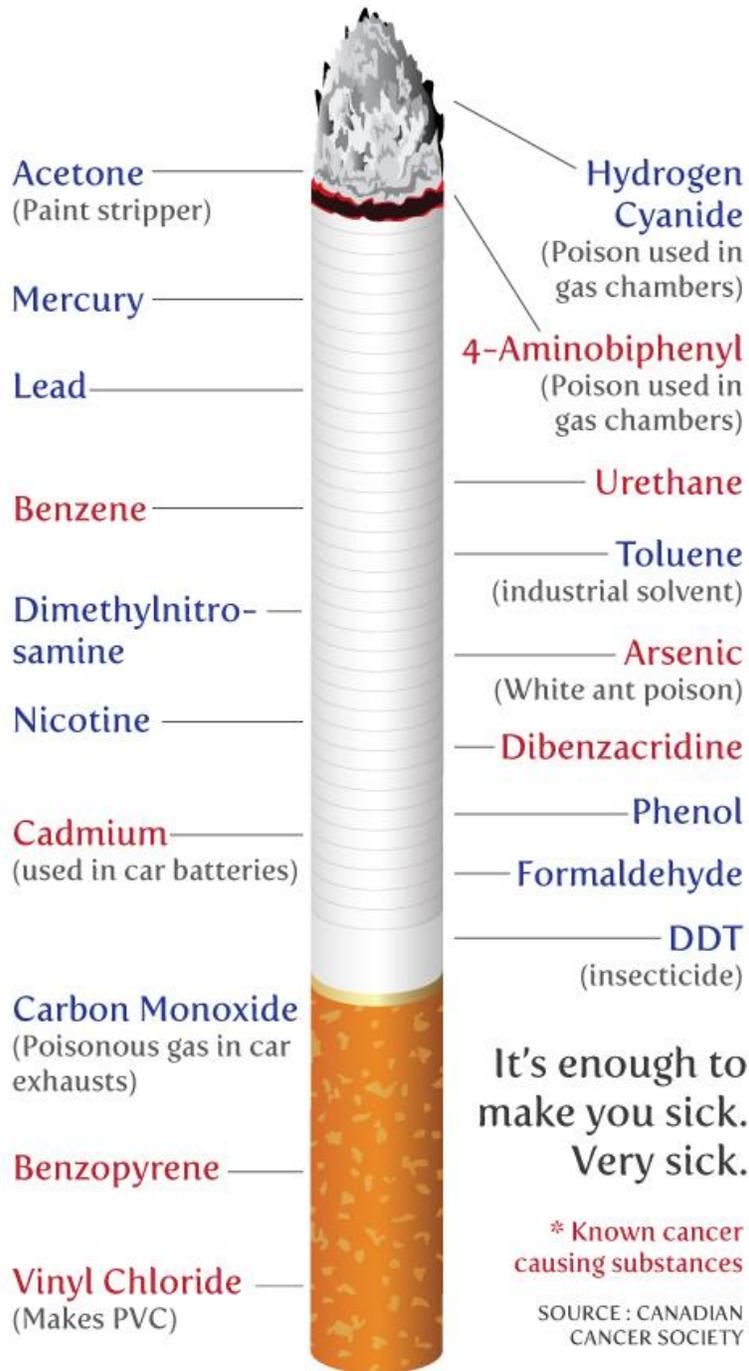
In Canada, the importation or sale of e-cigarettes containing nicotine is prohibited.

How are e-cigarettes regulated in New Brunswick?

Since July 1, 2015, it has been prohibited to use e-cigarettes in areas where it is illegal to smoke under the *Smoke-Free Places Act*. It is also prohibited to sell e-cigarettes to anyone under 19 years of age.

Reference: Used with the authorization of the New Brunswick Anti-Tobacco Coalition, 2012-12-07, revised 2015.

Up to 4000 chemicals including these poisons:



RESOURCES

Go Smoke-Free NB

1-866-366-3667

Hours of operation: Monday to Friday, 8 a.m. to 4 p.m.

If you call outside of the hours of operation, leave a message and you will be called back to set up a time to talk.

I QUIT NOW helpline (Quebec residents only)

1-866-527-7383

Website: <https://tobaccofreequebec.ca/iquitnow/>

Hours of operation: Monday to Thursday, 8 a.m. to 9 p.m.
Friday, 8 a.m. to 8 p.m.

Health Canada

1-866-318-1116

Website: <https://www.canada.ca/en/health-canada/services/health-concerns/tobacco.html>

The Lung Association

1-800-566-5864

Website: www.lung.ca

Canadian Cancer Society

1-888-939-3333

Website: www.cancer.ca

New Brunswick Anti-Tobacco Coalition

Website: nbatc.ca/en/

RESOURCES FOR YOUTH

Tel-jeunes : 1-800-263-2266

Website:

<https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/youth-zone.html>

<https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/youth-zone/quit4life.html>

<https://www.canada.ca/en/services/health/campaigns/vaping.html>

www.adosante.org

www.sportnb.com (smoke-free sports)

Ideas for Fun Activities

www.mandala-4free.de/



Nr.237 © www.mandala-4free.de, O.Tolge

Sudoku: <http://www.sudokuprintables.org/sudoku-printables.html>

Beginner

4		1				2		3
			9		1			
2		8				9		1
	7		2		8		4	
	2		3		5		9	
3		7				1		9
			5		7			
5		6				7		4

Intermediate

	8		2			1		
					4			2
2		6	5			3		
	6			5		2		9
			3		6			
3		5		8			6	
		4			9	7		3
8			4					
		3			1		5	