

## Do you want to stop smoking?

If the answer is yes – do read on. Most smokers want to stop smoking and often know someone who has succeeded in doing so. There are a number of reasons for wanting to quit – you'll have money to spend on other things; you'll be given a new lease of life and you won't need to worry as much about most illnesses. The fact that there is an increasing ban on smoking in indoor and outdoor spaces also makes it easier to refrain from doing so. Whatever the reasons, if you are to succeed in stopping smoking, you need above all else to feel motivated and to identify the way to stop that suits you best.



Explore your reasons for stopping by writing down a list of them. Many people find that this list can be a long one and that the reasons are important.

### The risks of smoking

There are many thousands of different substances in tobacco smoke, and smoking increases the risk of almost sixty kinds of illness including cancer, cardiovascular disease and COPD (chronic obstructive pulmonary disease).

### Passive smoking

Breathing in cigarette smoke without actually smoking a cigarette oneself is known as passive smoking. Frequent exposure over a long period means that those people affected are subject to the same kinds of health risks as the smoker, even if the risks are reduced. Children are especially sensitive and if they have been exposed to smoke may be affected by asthma, allergies, ear infections or pneumonia.

### The benefits of stopping smoking

Stopping smoking is the best investment you can make in your health. The advantages are many – greater freedom in life and a healthier lifestyle, a greater level of fitness and sense of smell, and much more. The effects of stopping smoking are instant and the healing ability of the body considerable. Several years after stopping smoking the risk of illnesses created by smoking are sharply reduced.

#### What do you do?

Set a date for stopping and prepare yourself step by step. Some prefer to stop completely, while others cut down. Try what's best for you. Preparing yourself to stop smoking has a lot to do with breaking habits. You may, for instance, start by increasing the number of places where you choose not to smoke. Think about which cigarettes you can do without. Here are some pieces of advice and tips for bearing mind when stopping smoking:

- ✓ Get rid of ashtrays, cigarette lighters and cigarettes.
- ✓ Tell those around you that you have stopped and need their support.
- ✓ Eat at regular intervals – breakfast, lunch, dinner and a few snacks. Drink water and ideally go for a walk when you feel the urge to smoke.
- ✓ Reward yourself and cheer yourself up!

If you need support in drawing up an individual plan for how to change your habits and stop smoking – please do contact us on Sluta-Röka-Linjen.

## Once you have stopped smoking

Stopping smoking can be both liberating and difficult. The urge to smoke comes and goes and at its worst can often last 1–2 minutes. Plan how to cope with this urge. Try out different ways until you find one that suits you. You could, for instance:

- Attach your list of reasons for stopping to the door of the fridge. Look at this list when things are feeling difficult.
- Focus on positive change, such as a greater sense of smell, a rosier complexion, warmer hands and feet, an improved level of fitness or more money in your wallet.

There may be challenges ahead. Common high-risk situations are associated with parties, stress at work or a feeling of restlessness. Some people find help in the form of a new hobby, such as starting a workout routine or reading a book. Others do relaxation exercises or cut down on their workload during the early stages. If you want to know more about how to cope with the urge to smoke and reduce the risk of relapse, do call us on Sluta-Röka-Linjen.

## Withdrawal symptoms

When you stop smoking, your body may react to the lack of nicotine. You may be irritated, tired, get headaches or experience sweating or tummy trouble. Withdrawal symptoms can be difficult, but over time they will wear off and in the end completely disappear. Nicotine addiction treatment, available at the chemist's and in supermarkets, helps alleviate withdrawal symptoms. If you would like advice on the types of medication that help stop smoking, please contact your surgery or our team on Sluta-Röka-Linjen.

## Do you smoke a hookah?

Many consider smoking a hookah to be less dangerous, but in many cases the smoke, which is often sweetened, conceals nicotine and contains the same kinds of dangerous substances as cigarette smoke.

## Do you need more support?

Contact Sluta-Röka-Linjen if you need more support. Sluta-Röka-Linjen also offers the support of an interpreter over the telephone if you want to stop smoking. We currently offer helpline support in the following languages: Arabic, Russian, Persian, Somali, Spanish and Turkish. All the calls made to us are free of charge and you may remain anonymous.

**SLUTA-RÖKA-LINJEN**



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