



A guide for tobacco users **to quit**

WHO Library Cataloguing-in-Publication Data

A guide for tobacco users to quit.

1.Smoking – adverse effects. 2.Smoking Cessation - methods. 3.Tobacco Use Disorder – complications. I.World Health Organization.

ISBN 978 92 4 150693 9 (print) (NLM classification: WM 290)

ISBN 978 92 4 069259 6 (ePUB)

© World Health Organization 2014

All rights reserved. Publications of the World Health Organization are available on the WHO website (www.who.int) or can be purchased from WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel.: +41 22 791 3264; fax: +41 22 791 4857; e-mail: bookorders@who.int).

Requests for permission to reproduce or translate WHO publications –whether for sale or for non-commercial distribution– should be addressed to WHO Press through the WHO website (www.who.int/about/licensing/copyright_form/en/index.html).

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

Contents

Introduction	4
I. Getting ready to quit	5
i. The impact of tobacco smoking on you, your family and your friends	5
ii. Rewards of quitting	8
iii. How to improve your confidence in quitting	10
II. Planning and making quit attempts	11
i. Developing a quit plan	11
ii. Strategies and skills to overcome common barriers and challenges to quitting	12
iii. Preparing for relapse	15
III. Local tobacco cessation support resources	16
References and resources	16
Acknowledgements	16

Introduction

This self-help material was developed based on WHO Capacity Building Training Package 4 entitled “Strengthening health systems for treating tobacco dependence in primary care”. Its target audience are tobacco users. It aims to give advice and information to improve tobacco user’ readiness to quit and to help those who are ready to quit to plan a quit attempt. The content of this self-help material includes:

1. How to get ready to quit (for tobacco users not ready to quit);
2. How to plan and make quit attempts (for tobacco users ready to quit);
3. Local tobacco cessation support resources.

Getting ready to quit

Quitting tobacco is a difficult task, but we are here to help. We understand that you might not think it's important to quit or that you can't be successful. Here you can find information about why quitting tobacco is important for you, your family and your friends; the risks to your health, to your family, to society, and to your wallet; the benefits of quitting smoking. You will find some suggestions on how to improve your confidence in quitting. We have also offered alternative resources and suggestions about how to get ready to make a quit attempt.

i. THE IMPACT OF TOBACCO SMOKING ON YOU, YOUR FAMILY AND YOUR FRIENDS

Tobacco smoking has both health and non-health related impacts to you and those around you.

1. HEALTH RISKS OF SMOKING TO THE SMOKER

Tobacco kills up to half of its users because tobacco products are made of extremely toxic materials.

Tobacco smoke contains more than 7000 chemicals, of which at least 250 are known to be harmful and at least 69 are known to cause cancer. Here are some of the chemicals contained in tobacco smoke:

- Stearic acid (which is used to make candle wax)
- Butane (the gas inside a lighter)
- Paint
- Methanol (gas commonly used for rocket fuel)
- Acetic acid (a main component of vinegar)
- Hexamine (a common component of barbecue starters)
- Methane (sewer gas)
- Nicotine (an addictive substance commonly used for insecticides)
- Cadmium (a main ingredient in batteries)
- Arsenic (poison)
- Toluene (Industrial solvent)
- Ammonia (toxic component of detergents)
- Carbon monoxide (gas from car exhaust)

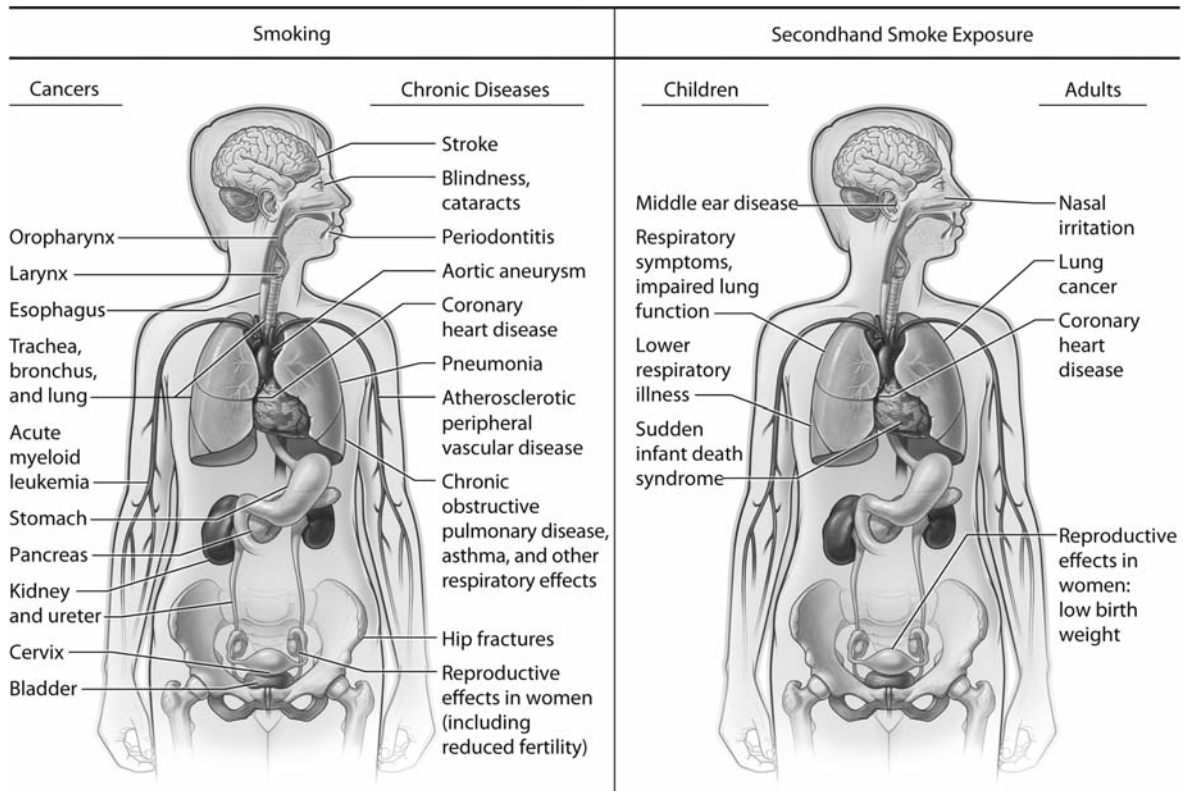


Smoking causes a wide spectrum of diseases, such as:

- Shortness of breath
- Exacerbated asthma
- Respiratory infections
- Cancer (larynx, oropharynx, esophagus, trachea, bronchus, lung, acute myeloid leukemia, stomach, pancreas, kidney, ureter, colon, cervix, and bladder)
- Coronary heart disease
- Heart attacks
- Stroke
- Chronic obstructive pulmonary disease
- Osteoporosis
- Blindness
- Cataracts
- Periodontitis
- Aortic aneurysm
- Atherosclerotic peripheral vascular disease
- Hip fractures
- Infertility*
- Impotence

*For those pregnant, or trying to conceive, tobacco use puts you at an increased risk for low birth weight of your child.

Diseases caused by smoking and exposure to second-hand smoke



Debunking misconceptions about health risks of smoking.

Many smokers, especially those in developing countries, do not completely understand the dangers of tobacco smoking due to tobacco companies' misleading data that distort the true things about smoking. Here are some common misconceptions of tobacco smoking.

Low Tar cigarettes are safe to smoke – There is no such thing as a safe cigarette. A low-tar cigarette is just as harmful as other cigarettes. Although low-tar cigarettes can be slightly less damaging to your lungs over a long period of time, people who smoke these have been shown to take deeper puffs, puff more frequently and smoke the cigarettes to a shorter butt length. Switching to low-tar cigarettes has few health benefits compared with the holistic benefits of quitting.

“Rollies” are safe to smoke – Roll-your-own (RYO) tobacco, or rollies contain many of the same chemicals as manufactured cigarettes. Research suggests that RYO tobacco is at least as harmful, or possibly more harmful, than smoking factory-made cigarettes. Studies show that RYO smokers tend to make cigarettes that can yield high levels of tar and nicotine. They may also not use a filter. Both RYO only and mixed smokers report inhaling more deeply than factory-made cigarette smokers. More research is required to determine the levels of chemicals inhaled by RYO smokers.

Cutting down the number of cigarettes can reduce health risks – There is no safe level of cigarette consumption. Some people try to make their smoking habit safer by smoking fewer cigarettes, but most find this hard to do and quickly return to their old pattern. Although reducing your cigarette consumption will slightly reduce your risk, quitting is the only way to long-term health benefits. Just three cigarettes a day can trigger potentially fatal heart disease, with women particularly at risk.

Only old people get ill from smoking – Anyone who smokes tobacco increases their risk of ill health. All age groups suffer short-term consequences of smoking that include decreased lung function, shortness of breath, cough, and rapid tiring during exercise. Smoking also diminished the ability to smell and tastes and causes premature aging of the skin. Smoking related diseases often develop over a number of years before diagnosis is made. The longer you smoke, the greater your risk of developing cancer, heart, lung, and other preventable diseases. Because these diseases do develop over the course of a life time, it gives the appearance of only effecting elderly people. However, people in their 20s and 30s have died from strokes caused by smoking.

It is important to remember that the tobacco industry publishes and promotes these misconceptions to confuse and derail you, but they are false. Smoking and cigarettes are harmful.

2. HEALTH RISKS TO THE FAMILY

Smoking puts your family at risk. Second hand smoke exposure puts members of your household at an increased risk for the following diseases:

Diseases in children	Diseases in adults
<ul style="list-style-type: none">– sudden infant death syndrome;– acute respiratory illnesses;– middle ear disease;– chronic respiratory symptoms.	<ul style="list-style-type: none">– coronary heart disease;– nasal irritation;– lung cancer;– reproductive effects in women (low birth weight).

3. THE COST OF SMOKING TO THE SMOKER AND SMOKER'S FAMILY

The cost of smoking to the smoker.

Tobacco smoking takes away not just your health but wealth. It is estimated that 5-15% of a smoker's disposable income is spent on tobacco, which could be an enormous economic burden on you and your family. Below is a cost calculator, which can help you find out how much money you have spent on cigarettes.

The smoking cost calculator						
Number of packs you smoke a year*	X	Number of years you have smoked	X	The average cigarette pack price	=	How much you have spent on cigarettes during your lifetime
	X		X		=	

*: For day to year conversion, see below table

1 pack a day	1 ½ packs a day	2 packs a day	2 ½ packs a day	3 packs a day
365 packs a year	548 packs a year	730 packs a year	913 packs a year	1095 packs a year

Smoking is financially taxing on the family as well.

Tobacco use causes an acknowledgeable amount of suffering for families and individuals associating with smokers. This suffering manifests itself in the form of diminished quality of life, death, and financial burden. Tobacco products are not only harmful, but they're expensive as well.

4. SOCIAL CONSEQUENCES OF SMOKING TO THE SMOKER AND SMOKER'S FAMILY

Smoking affects social interaction and relationships negatively. In most cultures, people see smokers negatively. There is a stigma attached to smoking (for example, people may think the smoker is smelly, disgusting/dirty, unhealthy...). As a smoker, your personal relationship may be affected because many people don't consider being in a relationship with a smoker. As a smoker, your children are more likely to smoke and to be heavier smokers at young ages.

ii. REWARDS OF QUITTING

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_27840

