



HÄR KAN DU FÅ RÅD OCH STÖD


Your healthcare centre
vgregion.se

1177
1177.se Refer to the tab Life and health  1177

Online health coach

See your health coach on your mobile phone.
Download the app Mitt vårdmöte and make an appointment.
vgregion.se/halsocoach

Stop smoking line - free advice
slutarokalinjen.se  020-84 00 00


 **Tobacco cessation at your hospital**

Angereds Närsjukhus, Lung clinic 031-332 67 00
Frölunda Specialistsjukhus, Medicine clinic 031-342 50 92
Kungälv's sjukhus, Tobacco prevention clinic 0303-985 26
NU-sjukvården, Smoking cessation nurse 010-435 04 45
Sahlgrenska University Hospital, Contact unit 031-342 24 00
Skaraborgs sjukhus, Smoking cessation clinic 0510-855 25
Södra Älvsborgs Sjukhus, Smoking cessation clinic 033-616 23 06

Pharmacy

A pharmacy can help you choose a suitable nicotine replacement product.

Notes

 This information is available in several languages

Fact-checker:

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Advice and support
for those who want to
stop smoking



Give up nicotine— It's your life on the line



HEALTH BENEFITS OF NO TOBACCO

You can improve your chances of good health a lot if you stop smoking or using snuff.

- Your risk of diseases such as cancer, cardiovascular disease, bronchitis and emphysema (COPD) will decrease.
- Even if you already have an illness, there are still significant health benefits if you stop smoking or using snuff.
- You will not catch as many colds.
- Your senses of taste and smell will improve. Your breath will be better, your teeth whiter and your skin fresher.
- Your level of fitness will improve.

Most people who use tobacco want to stop - are you one of them?

It is never too late to stop using tobacco! Your body has an amazing capacity to recover from the harmful effects of tobacco.

Choose the right way to stop using tobacco

It can be really difficult to stop using tobacco, because nicotine is one of the most addictive substances we know of. Some people manage to stop smoking or using snuff on their own, but many need professional help.

If you have tried to stop but not succeeded, we recommended the support of a tobacco cessation counsellor. Contact your healthcare provider.

Passive smoking

When you smoke you breathe in about 25% of the smoke, while the remaining 75% goes into the air around you and affects other people. This is called passive smoking and poses a health risk to those who are exposed to it. Children are more sensitive than adults when it comes to toxic substances in tobacco smoke, and thus become ill more frequently from passive smoking.

Even if will-power and motivation are necessary to shake off the tobacco habit, professional support may improve your chances of succeeding. We can refer you to a tobacco cessation counsellor.

Tips on giving up tobacco

Stopping immediately is the best way for most people, but you need a lot of determination and motivation to succeed. Think about what motivates you to stop using tobacco. Decide on a "stop date" and get rid of any tobacco you have and everything that reminds you of it.

Nicotine medication is a good method to stop smoking or using snuff since it reduces withdrawal symptoms. Ask at the pharmacy for a type of medication that suits you best. Withdrawal symptoms are normal when you stop using tobacco and they tend to be worst in the first few days.

Early days

- Eat and drink regularly, since low blood sugar can feel like a craving for nicotine.
- Keep moving around and keep yourself busy - this can reduce withdrawal symptoms and prevent you from gaining weight.
- Wait for the craving to go over - it does not usually last for more than a few minutes.

Strategies to avoid giving in

Repeat to yourself why you want to stop using tobacco. Think of strategies for dealing with difficult situations. Tell people around you that you have recently stopped using tobacco. Change your routines and avoid situations and places where you would normally want to smoke or use snuff.

Do not try to see if you can just smoke one cigarette or take one portion of snuff - that is how most people fall back into the habit.

Advice on how to manage the craving for tobacco – 4D

Distract

Busy yourself with something and try not to think about tobacco - the craving only lasts a few minutes.

Drink

A glass of water can reduce the craving.

Deep breath

Concentrate on your breathing and take ten deep breaths.

Wait

If you feel a strong craving for tobacco think: "I'll wait a little while longer".