



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Smoking Cessation

It's never too late to quit smoking!

Think with us now...

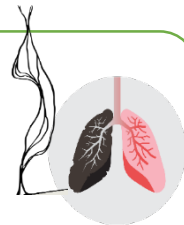
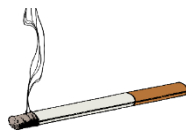


Smoking risks are well known to everyone today, but unfortunately **1 in 5** people still **smokes**.



Some facts about smoking that you may not know:

Smoking includes:



Most believe that hookah is less harmful than cigarettes. In fact, it contains nicotine and has the same harmful effect as smoking cigarettes.

Passive Smoking (second-hand smoking):

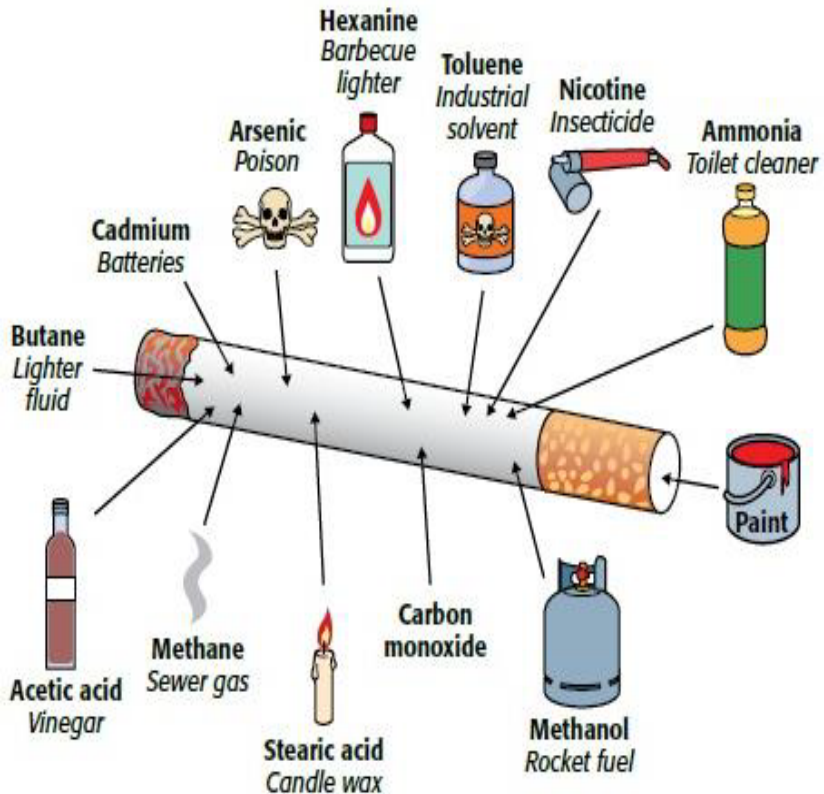
It is when those around you breathe in the smoke from your smoking! Thus, when you smoke, you are not only harming yourself but also those around you including your family and children.



The risk of lung cancer and heart disease increases when exposed to passive smoking (second-hand smoking).



Chemicals types that exist in a cigarette:



Smoking deaths in the Kingdom of Saudi Arabia:



71 deaths



21 deaths



About 5,000 deaths
annually

Diseases caused by smoking:

Smoking is the main and first cause of lung cancer and many other diseases such as atherosclerosis and hypertension.



What are Tobacco products?

Cigars

Cigarette

Pipe

**Smokeless
Tobacco**

Hookah

Electronic

How smoking affects the body?



Head and Neck

- Cerebral thrombosis
- Oropharyngeal cancer



Lungs

- Chronic obstructive pulmonary disease (COPD)
- Lung cancer
- Chronic cough
- lung infections



Cardiovascular

- Heart attacks
- Hypertension



Fertility

- Smoking affects sperm adversely



Pregnancy and Fetus

- Risk of miscarriage or premature birth
- Problems with baby's placenta
- Low birth weight of the fetus
- Congenital defects such as cleft lip or cleft palate
- Smoking during pregnancy and after pregnancy may lead to Sudden Infant Death Syndrome (SIDS)



Addiction

Nicotine (the substance in cigarettes) is an addictive substance that affects brain functions and causes headaches.

How do I quit smoking?

Make up your mind



Well power is crucial for quitting smoking. Make your decision to quit smoking to save your health and the health of those around you

Set a quitting time



After deciding to quit smoking, set a specific time to start quitting and make it as early as possible. Let (No More Delays) be your motto.

Consult a physician



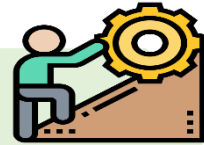
consult a physician to help you quit smoking and develop treatment plans for smoking withdrawal symptoms.

Change your lifestyle



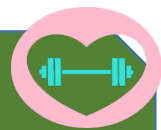
- Get rid of things that remind you of smoking, whether in your home or place of work, such as lighters and ashtrays.
- avoid crowded public smoking areas
- Tell your friends that you have quit smoking.

Be prepared to face challenges



You may experience some symptoms such as headaches, sleep disorders, and irritable mood, due to nicotine levels falling in the blood. Do not worry, as these symptoms are evidence of the body's disposal of tobacco toxins and may last up to four weeks.

Exercise



Exercise at least 30 minutes five days a week; it helps you to overcome the withdrawal symptoms of smoking. It also reduces the anxiety and stresses that were the reason for smoking cigarettes.

How do I start quitting smoking?

Remove everything that reminds you of smoking from your home, car, and workplace

Try to remove smoke smells from your home and car

Avoid places with a lot of smokers

Tell your friends that you have quit smoking

If you can, ask them not to smoke in front of you

What after quitting smoking?



After 20 minutes Heart rate drops to normal range gradually



After 12 hours The level of carbon monoxide in the body returns to the normal level



From 3 weeks to 3 months Lung functions are significantly improved



From 1 to 9 months Coughing is remarkably reduced

One Year After Quitting Smoking The risk of coronary arteries diseases drops to half compared to smokers



From 2 years to 15 years The risk of cerebral stroke is reduced to that of non-smokers



After 10 years Lung cancer risk is reduced by 50% compared to smokers

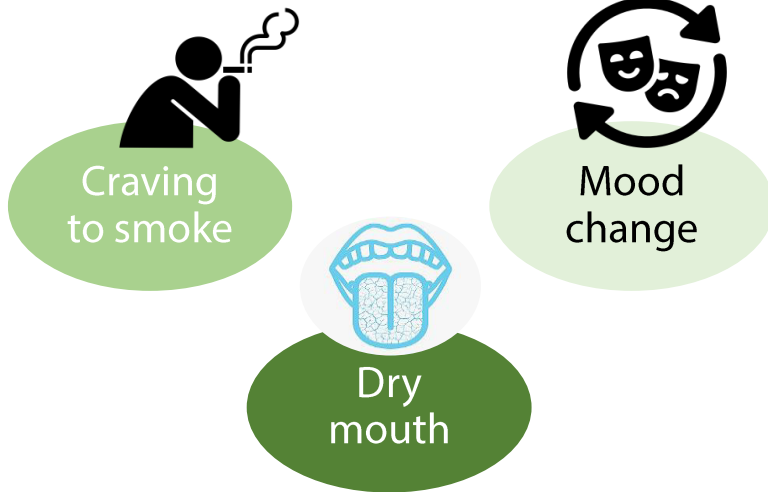


After 15 years The risk of heart attacks is equal to that of non-smokers



What may you feel after quitting smoking?

It varies from person to person, and the effects last for a maximum of 4 weeks. You may develop temporary symptoms such as:



Do not worry when these symptoms occur, they indicate that the body is starting to recover from the effects of tobacco, due to the decrease in nicotine in your body.



What is the drug treatment that reduces cravings for smoking?

**Nicotine
Replacement
Therapy (NRT):**

**This treatment begins
on the day you quit
smoking.**

**It gives in the form of
patches, lozenges, or
nasal sprays.**

**Non-nicotine
Treatment:**

**It reduces nicotine
withdrawal symptoms
through simulation of
how nicotine operates
in the body.**

What are the services provided by the Anti-Smoking Clinics?



Treatment Services

**Post-Treatment
Follow Up**

Educational Services

**Medical
Consultations**

Electronic cigarette



What are
electronic
cigarettes?



An alternative to regular cigarettes. It is a device for vaporizing a solution containing nicotine (a highly addictive substance).

Do electronic
cigarettes help
to quitting?



NO, Many smokers think so, which is completely wrong.

Are electronic
cigarettes safe?

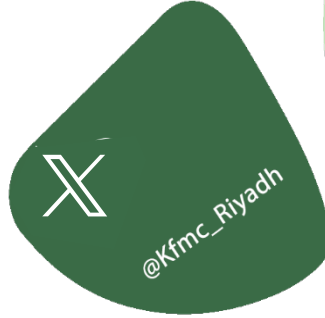


There is no scientific evidence. However, they have caused many accidents and fires as they may explode during use.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

**Family Medicine and Employee Health
Department**



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