

## STOP SMOKING TODAY!

### Online Resources

- **QuitNet**  
<http://www.quitnet.com/>  
QuitNet is an online community of smokers and ex-smokers providing:
  - 24/7 Quitnet Community - online forum for support
  - Tips and advice from counsellors
  - Personal Quit Page
  - Personal Quitting Guide
  - Quit Tips and Anniversary emails
  - Directory of local support programs
  - Self-assessment tools
- **Smoke-Free Calgary**  
<http://www.smokefreecalgary.com>  
Smoke-Free Calgary provides local online resources to:
  - Help you Quit
  - Enable Online Community Discussion
  - Help for the Hospitality Industry
- **AADAC**  
<http://tobacco.aadac.com/>  
Alberta Alcohol and Drug Abuse Commission (AADAC) website includes information about Alberta No Smoking Bylaws and for quitting smoking.:
  - Prevention
  - Quitting
  - Information about what Alberta's doing
  - Programs and Grants
- **Tobacco Reduction**  
<http://www.calgaryhealthregion.ca/programs/tobacco/index.htm>  
Calgary Health Region website seeks to create healthier communities by working collaboratively to reduce tobacco usage.
- **Quit Smoking Calculator**  
[Quit Smoke Calculator](#)  
Try our Quit Smoke Calculator to figure out how much money you would save if you quit today!



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### Other Resources

- **Books from your Local Library**  
[How to Stop Smoking](#)  
Use the link above to automatically search the Calgary Public Library for related material.
- **Smokers' Helpline**  
1-866-33AADAC (1-866-332-2322) toll free  
[AADAC's Smokers' Help Line](#) is a free, confidential telephone service for smokers.
- **Google It!**  
[How to Quit Smoking](#)  
Use the link above to automatically search Google for related material.

## Health benefits of quitting smoking today

- Within the first 20 minutes of quitting your blood pressure drops to pre-cigarette level.
  - Within 8 hours after quitting the carbon monoxide in your blood returns to normal.
  - 24 hours after quitting your chances of having a heart attack are lowered.
  - 2 weeks to 3 months after quitting your circulation will improve and your lung function will increase.
  - Within 9 months after quitting you'll experience less coughing, sinus congestion, fatigue and shortness of breath.
  - One year after quitting your risk of coronary heart disease will be about half of what it would have been if you had continued to smoke.
  - Five years after quitting your risk of stroke will be substantially reduced.
  - 10 years after quitting your risk of dying from lung cancer will be about half of what it would have been if you had continued to smoke. Your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas will also decrease.
  - 15 years after quitting your risk of coronary heart disease will be the same as a non-smoker's.
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## Choosing to be Tobacco Free

If you want to quit smoking, you're like the other 55% of smokers who said they want to quit in a recent Calgary Health Region survey.

### *How to prepare to quite smoking*

One of the best ways to increase your chances is to talk to a doctor. They can recommend strategies for you as well as prescribe nicotine replacement therapies.

Other things you can do is:

- Change your routines - everything from which chair you sit in at home to where you eat lunch at work.
- Try a new hobby like exercising or reading to distract yourself.
- Clean your house and your furniture
- Cut down your coffee intake. Since nicotine metabolizes caffeine quickly, it can make you feel nervous and restless which may increase your desire to smoke.
- Find a "[quit buddy](#)" to help you

Source: E-health Info, Lifestyle Articles. Communications, Calgary Health Region.

To speak to a health professional, contact your family physician or speak to a registered nurse 24 hours a day, 7 days a week by calling Calgary Health Link:

Calgary : 403-943-LINK(5465)

Or toll-free: 1-866-408-LINK(5465)