



National University
Heart Centre
Singapore

Smoking Cessation

Journey to a Healthy Heart

Educational resources by NUHCS

Outlines

- Know Your Heart
 - ❖ What is Coronary Artery Disease (CAD)?
 - ❖ What is Atherosclerosis?
 - ❖ Treatments for CAD / Heart Attack
 - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- Heart Medications
- Physical Activity and Cardiac Rehabilitation Program
- Heart Healthy Diet
- Stress Management
- **Smoking Cessation**

Disclaimer

Information from this section has been adapted from **HealthHub** as following:

https://www.healthhub.sg/live-healthy/597/questions_smoking

https://www.healthhub.sg/live-healthy/29/facts_tobacco_products

<https://www.healthhub.sg/live-healthy/598/quittips>



Tobacco use kills 5.4 million people a year
worldwide —

An average of one person every six seconds —

It also accounts for one in 10 adult deaths
worldwide.

It kills up to half of all users.



In Singapore,

- About 6 Singaporeans die prematurely from smoking–related diseases each day.
- Smoking related diseases, including cancer, heart disease, stroke and chronic obstructive pulmonary disease (COPD) , are the nation’s top killers.



Cigarettes contain over 7,000 chemicals. Some of the ingredients in cigarettes include toxic substances like:

- ammonia (used in floor cleaners)
- arsenic (found in rat poison)
- DDT (used in insecticide)
- carbon monoxide (found in car exhaust fumes)
- cadmium (cancer-causing substance, used in car batteries)
- **If you are a smoker, imagine THESE circulating in your body!**



- Smoking not only affects you but your loved ones too
- First-, second- and third-hand smoke can cause wide range of damaging health problems in children and adults.
- A smoke-free environment will protect your family, friends, co-workers, and even your pet.



Quitting is not easy, it's worth it! A variety of approaches to smoking cessation are available.

Some quit tips will help you resist the urge to smoke and fight off cravings

Quit Tips 1: Gear up to quit

- Throw away all your lighters, ashtrays and cigarette packs!
- Make it known to everybody that you are quitting smoking.
- List your quit buddies and form support groups.
- Know what you are getting into. Be prepared for it!



Quit Tips 2: Use the 4 Ds to Overcome Urges

- **Distract** yourself by doing something else
- **Delay** lighting up
- **Do** deep breathing exercise to help you relax
- **Drink** a glass of water or milk slowly



Quit Tips 3: Manage Your Nicotine Cravings

- **Difficulty concentrating** – take regular stretch break, drink peppermint tea and sniff peppermint oil.
- **Feeling irritable** – do relaxation exercise / deep breathing / meditation, enjoy movie / comedy.
- **Having headache** – get enough sleep / head-to-shoulder massage, stay in quiet surrounding
- **Feeling tired** – get enough sleep, increase physical activity, drink ginger tea
- **Coughing** – drink warm water, suck sugar-free cough drop
- **Hunger / thirst** – take lots of water / non-sweetened juice / low-calorie snack



Quit Tips 4: Change Your Habits

Old habits die hard. So find new habits to replace them!

- Change daily routine
- Keep hands busy
- Fill up with healthy snacks





Speak to any healthcare professional for referral to a smoking cessation clinic for more help in quitting smoking!

Clinical Services

NUH's Smoking Cessation Clinic – 6772 5733

Health Promotion Board's QITLINE – 1800 438 2000

To register or learn more about the I Quit Programme, go to <http://healthhub.sg/iquit>.

Thank you.

