



Rexall Ready-2-Quit



A pharmacy first.

Continuous Care with Rexall

Congratulations on your decision to quit smoking!

Stopping smoking may be difficult, but it can be done, and there are many ways to make quitting easier. In fact, over half of Canadians who have smoked quit successfully.

Along with an Initial Assessment and personalized Quit plan that you complete with your pharmacist, the Rexall Ready-2-Quit program includes contacting you at 7 critical times over the course of your quit attempt. Your Rexall pharmacist will provide you with support, information and will follow-up on your progress. You will also have the opportunity to discuss any other concerns you may have.

The follow up schedule is as follows:

Appointment	Number of Days on Program
Follow Up 1	Day 3-5
Follow Up 2	Day 7-10
Follow Up 3	Day 14-21
Follow Up 4	Day 30-60
Follow Up 5	Day 90-120
Follow Up 6	Day 180-210
Follow Up 7	Day 240-365

It takes practice, patience and time to stop smoking, but it can be done, and the benefits of quitting are worth the effort.

Remember, your Rexall family pharmacist is here to help. If you ever have any questions in relation to your plan to stop smoking or your overall health, please contact us or drop by the pharmacy.

Your Smoking Journal

People have many reasons for smoking. No matter what your reasons are, there are better reasons to quit.

Each time you light up a cigarette, it seriously harms your health and the health of the people around you. Smoking has been proven to cause cancer, lung disease, and heart disease. It can lead to an early, painful death. This is not speculation. It is not a theory. It is a fact.

Smoking also leads to premature wrinkling and aging of the skin, stains your teeth, and makes you smell bad.

Quitting is hard; there's no doubt about it. Nicotine is an extremely addictive drug, and the act of picking up a cigarette, lighting it, and inhaling is a difficult habit to break. Yes, it's hard, but it's not impossible. You can do it. The first step is deciding that you want to.



Once you have made the decision to quit, there are some steps you can take to help ensure your success.

- Set a quit date. Once you have selected your quit date, you are ready to plan for the big day.
- Line up support. Tell your family and friends that you will be quitting and when you plan to do it. Ask them to help you by not smoking in your presence and by encouraging you to stick with it when you feel the urge to smoke. Your pharmacist can help, too, by providing information about smoking and smoking cessation programs and products.
- Decide how you will quit. Some people stop abruptly; others gradually reduce the number of cigarettes they smoke until they stop completely. You may decide to use a smoking cessation aid such as a nicotine replacement product or a prescription medication. If you decide that's the right way to go, talk to your doctor or pharmacist in advance so you will have what you need on hand when you are ready to quit.
- Prepare your environment. Remove the ashtrays from your home and clean out the ashtray in your car so the sight and smell won't tempt you to smoke. If you decide to go cold turkey, the night before your quit date, get rid of your cigarettes, matches, and lighters.
- Increase your physical activity level. If you become more active before you quit, it will help you deal with the stress and help you avoid the weight gain that sometimes accompanies the quitting process.
- Identify those situations that trigger you to reach for a cigarette. Knowing when you are most likely to want a cigarette will help you overcome the urge to smoke. If sitting around drinking with friends makes you crave tobacco, suggest to your friends that you take a walk, see a movie, go bowling, or participate in some other form of relaxation.
- Keep a smoking journal. Recording when you smoke will help you identify your triggers and monitor how well you are meeting your smoking cessation goals.
- Don't be discouraged if you don't succeed the first time you try to quit. Many people need to quit smoking five or more times before they finally kick the habit for good. So if you "fall off the wagon," get back on. Set a new quit date and start over. You will be one try closer to success.

Use the smoking journal on the back of this leaflet to keep track of the times you smoke and what you are doing when you light up (such as drinking coffee, meeting with friends). This will help you identify the situations and activities that trigger your urge to smoke. Knowing this will help you find ways of dealing with them.

The Benefits of Being a Quitter

No matter how old you are or how long you've smoked, it's never too soon or too late to get the benefits of quitting smoking. In fact, the benefits begin within minutes of your last cigarette, and they keep on coming.

20 minutes after you quit:

- Your blood pressure decreases.
- Your pulse rate drops.
- The temperature of your hands and feet increases.

8 hours after you quit:

- The carbon monoxide level in your blood drops to normal.
- Your blood oxygen level increases to normal.

24 hours after you quit:

- Your risk of having a heart attack begins to drop.

48 hours after you quit:

- Your nerve endings begin to regrow.
- Your ability to smell and taste improves.

2 weeks to 3 months after you quit:

- Your circulation improves.
- Walking becomes easier.
- Your lung function increases.

1 to 9 months after you quit:

- You cough less and have less sinus congestion.
- Shortness of breath decreases.
- Fatigue lessens.

1 year after you quit:

- The increased risk of coronary heart disease that smoking caused drops by half.

5 years after you quit:

- Your risk of having a stroke drops. Between 5 and 15 years after you quit, your risk will drop to what it would have been if you had never smoked.

10 years after you quit:

- Your risk of developing lung cancer drops to as low as one-half of what it would have been if you had continued to smoke.
- Your risk of developing cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas also drops.

Coping with Withdrawal Symptoms

One of the hardest things about quitting smoking is going through withdrawal. When you deny your body nicotine, it will react in some strange ways. There's no doubt about it, the withdrawal symptoms are unpleasant, but there are some things you can do to minimize them. Here are some of the most common symptoms people experience and some tips for coping with them.

Dizziness:

When you first quit you may experience brief periods of dizziness. They usually last only a second or two and they generally go away within a few days. You can minimize them by avoiding sudden movements and changing positions slowly.

Headache:

About a quarter of smokers will experience headaches during the quitting process. Exercising and getting enough rest will often help, but sometimes a mild pain reliever such as acetaminophen is needed.

Hunger:

As your senses of smell and taste return, you may find yourself enjoying food more. You may also find yourself eating more because you are used to doing something with your hands. Plan ahead and have nutritious, low-calorie snacks available to munch on. You might also want to increase your activity level to offset the extra food you consume.

Constipation:

Some people experience a brief period of constipation (usually three or four days) after quitting. Eating more fibre helps, so does increasing exercise and drinking more water. If this isn't enough, ask your pharmacist if a mild laxative would be appropriate.

Increased perspiration:

Some people perspire more heavily during the quitting process. This will stop as the body gets used to being smoke-free, but in the meantime frequent baths or showers will help control the perspiration.

Coughing:

As the lungs and bronchial tubes begin to recover, the body will struggle to free itself from the phlegm that has been trapped inside. It does this by coughing up the phlegm. Increasing your fluid intake while your body is clearing itself out will help. Eventually, the phlegm will be gone and the coughing will stop.

Cold symptoms:

Sore throat and other cold symptoms are common when cigarette use is reduced sharply or stopped abruptly. Sipping water frequently throughout the day or sucking on hard candy or lozenges can help.

Changes in sleep patterns:

Once you quit smoking, your body will be healthier and you will likely have more energy. This may mean you will need less sleep than you used to. If you have trouble falling asleep, avoiding caffeinated beverages may help.

Nervousness:

During the first few days of the quitting process, you may feel nervous or anxious. Relaxation techniques such as deep breathing, meditation, yoga, or exercising may help. Some people find that using a smoking cessation aid such as a nicotine replacement product can help reduce symptoms, make the process easier, and improve the chances of success.

If you think you would benefit from a smoking cessation aid, your pharmacist can explain the options available to you.



Ask your pharmacist about these services.



Reminder Ready

Never wait for a refill again. This service notifies your pharmacist when your refill is due or needs renewing and calls you when it's ready for pick up.



Replenish+ Renew

Your medication could be depleting essential nutrients in your body. This free consultation will inform you which supplements can best counteract these effects.



Meds Check

If you take three or more medications, schedule a one-on-one consultation with our pharmacist to identify and resolve potential medication conflicts.

In some provinces, similar services are available under other names. Ask your Rexall family pharmacist for more details.



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