

Medicines for quitting smoking

Special medicines help reduce the urge to smoke, relieve withdrawal symptoms, and improve your chances of succeeding. You don't need a prescription for nicotine medicines. There are several different kinds available at Apoteket, where you can also get advice on how to use them. The recommended time for using them is three months. You must follow the instructions carefully and take the full dose.

Gum

Nicotine gum comes in different flavors and two strengths – 2 and 4 mg.
Recommended dose: 8-12 pieces/day

Patches

Nicotine patches give you a steady dose of nicotine all day. Available as day patches and 24-hour patches, in three different strengths.

Microtabs and lozenges

A discreet way to help reduce the craving. Lozenges are available in 1 and 2 mg strengths. Recommended dose: 1-2 tablets, 8-12 times/day.

Inhalator

Keeps your mouth and fingers busy.
Recommended dose: 4-12 nicotine cartridges/day.

Prescription drugs

Nasal spray (with nicotine)
Provides fast, effective relief. May cause local irritation in the nose.

For help and support

Ask at your local medical center. Sometimes the company healthcare center, your dentist, and Apoteket can help too.

Help by phone:

Quit Smoking Hotline: 020-840000
Free advice and support by phone

Help online:

www.slutarokalinjen.org
www.cancerfonden.se/slutaroka
www.tobaksfakta.org ("Att sluta")

Advice in languages other than Swedish:
www.tobaksfakta.org
www.slutarokalinjen.org
(English, Arabic, Farsi, Spanish, and Bosnian/Serbo-Croatian)

**EN DROGFRI
FRAMTID**



The way to a smoke-free life...



Why quit smoking?

Smoking damages your health

Serious diseases like lung cancer, diseases of the lungs and bronchial tubes, and cardiovascular disease are much more common among smokers.

Smokers are less fit, their teeth and gums are less healthy, their bones weaker, and their skin not as nice.

Second-hand smoke also increases the risk of cardiovascular disease, bronchial symptoms, and irritation in the nose, eyes, and throat.

Children and smoking

At least 75% of the smoke from a cigarette goes out into the air, hurting children and adults in the same room. Smokers' children get ill more often. You should not smoke indoors at home or at work.

The benefits of quitting smoking

After 20 minutes: Your blood pressure and pulse go down

After 8 hours: The oxygen content in your blood improves and your physical condition gets better.

After 48 hours: Your senses of smell and taste get sharper!

After 2-12 weeks: Your blood circulates more easily and your lungs work better.

After 1 year: You have saved 13,000 kr if you used to smoke a pack a day. Your home is cleaner. Your clothes, carpets, and curtains no longer stink of smoke.

After 5 years: Your risk of lung cancer has been cut in half.

Quitting successfully

The most important thing to **your** success is your motivation.

Think about it...

- **Why do you want to quit?**

- **What are you going to gain?**

Ask someone who's already quit how it feels.

Quit Smoking Plan

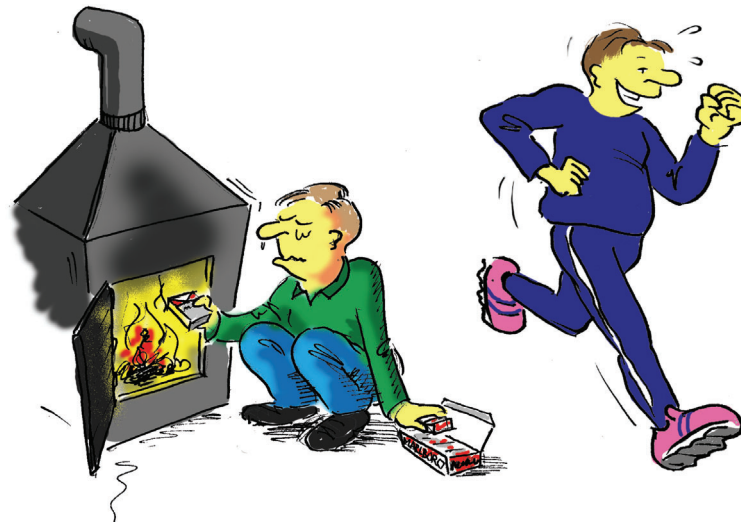
1. Decide on a Quitting Date 2-4 weeks ahead of time. Until then, smoke only outdoors or in a special smoking area inside. Don't take your coffee, reading material, or the phone to the smoking area. That will help you break your habits and cut down on smoking a little.

2. When Quitting Day arrives – stop completely! All withdrawal symptoms you might experience after you quit will go away, as long as you don't smoke.

3. Throw away all cigarettes, lighters, and ashtrays. Don't take a single puff! If you smoke once in a while, you will never be free of the craving.

4. Eat regularly and drink plenty of water.

5. Be open to taking medicine to help you quit.



Resisting the urge...

When people quit smoking, they often feel dizzy, unable to concentrate, restless, and in a bad mood at first. Those are “withdrawal symptoms” and they are the worst in the first three days. But withdrawal symptoms go away gradually and most are gone after a month. Remember, the symptoms don't mean you can't quit – they are a normal reaction to the healthy change you are making in your body!

If you feel a craving to smoke

Take your mind off the craving by breathing deeply, brushing your teeth, or taking a walk. Drink a glass of water slowly. Eat a small snack, like a piece of fruit.

If you feel irritated and edgy

Ask your friends and family to be patient. Nicotine medicines can help you. Exercise can also make you feel better. And remember to eat regularly!

If you have a hard time sleeping

Don't drink coffee in the evening. Read a book. Enjoy a cup of hot milk sweetened with honey!

If you have difficulty concentrating

Take frequent short breaks. Go for a walk. Eat properly. Nicotine medicines help.

If you are extra tired

Make sure you get enough sleep. Try to be more physically active. Take a break in the middle of the day. Drink plenty of water. Eat regular meals and small snacks.