

# Quitting

"Ill-health of body or of mind is defeat. Health alone is victory. Let all men, if they can manage it, contrive to be healthy!"  
 Thomas Carlyle, Scottish writer and journalist (1795-1881)

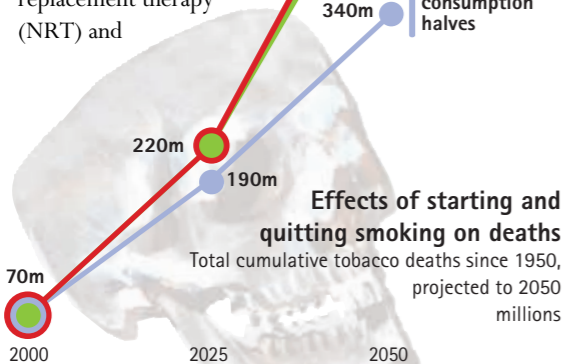
The main health hazards of smoking are reduced when smokers quit, even among those who have smoked for 30 or more years.

Smokers move through stages in relation to quitting: pre-contemplation, contemplation, readiness then action, followed by maintenance or relapse. Many move through this cycle several times before they finally quit successfully, while others report finding it easier to quit than they expected. These stages are influenced by increased costs due to tax increases, illness in the smoker, family or friends dying from tobacco, education through mass media, advice from health professionals, bans on promotion, creation of smoke-free areas and, while most smokers still quit on their own, availability of support and treatment.

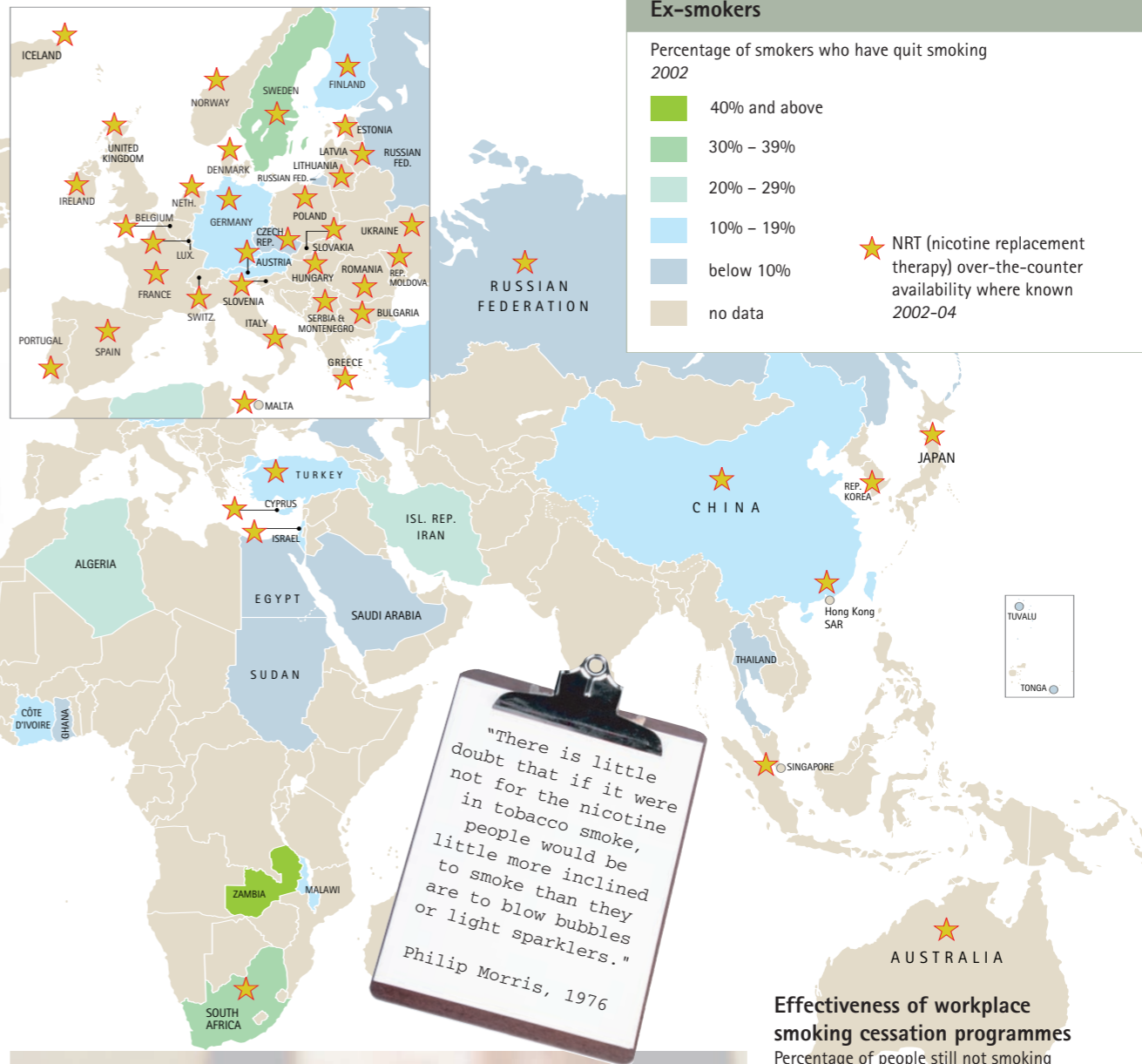
There are now techniques to assist those who want to quit smoking, although these are not available in all parts of the world: social support, clinics, quitlines, internet sites; skills training; over-the-counter nicotine replacement therapy (NRT) and



prescription pharmaceutical treatments. While quitting smoking may be difficult for some, it certainly is possible. In some developed countries, there are actually more former smokers than current smokers.



Quitting Calendar	
The benefits of stopping smoking	
1 day later	Heart, blood pressure, circulation show improvements
1 year later	Excess risk of coronary heart disease is half that of a continuing smoker
5 to 15 years later	Risk of a stroke is reduced to that of never-smokers
10 years later	Risk of lung cancer is reduced to less than half that of continuing smokers; risks of many other cancers decrease
15 years later	Risk of coronary heart disease is similar to that of never-smokers, and the overall risk of death is almost the same, especially if the smoker quits before illness develops



"There is little doubt that if it were not for the nicotine people would be little more inclined to smoke than they are to blow bubbles or light sparklers."  
 Philip Morris, 1976

