

- Ask a family member/ non-smoking friend to be with you. Let others know of your decision to quit.
- Fix an appointment for professional assistance if you feel you may need it.

☐ON THE QUIT DAY :

- Take an 'oath' – that you will not touch tobacco again (perhaps at a place of worship).
- Celebrate – because this is a turning point for you!
- Keep busy – find new things to do, with non-smoking people in non-smoking places.
- Avoid situations which can tempt you to use tobacco (e.g. AVOID interactions with friends/ colleagues who smoke, AVOID alcohol/ soft drinks).
- Drink plenty of cold water, fresh juice, lassi.
- Don't skip food. Eat small amounts at multiple times.
- Stay relaxed. Try slow, deep breathing if you feel anxious for any reason.
- Ask your family member/ friend to stay with you, seek professional assistance if the temptation is strong and you are afraid you may smoke.

☐PLAN HOW TO DEAL WITH HIGH-RISK SITUATIONS THAT CAN CAUSE YOU TO USE TOBACCO

- 1) Identify situations that can increase 'CRAVING' (strong uncontrollable desire to use tobacco):
- 2) Work out a SPECIFIC PLAN to deal with EACH identified trigger. Maintain a Journal / Diary. An example is worked out below:My tobacco use triggerWhat I can do to avoid using tobaccoExaminations – I need to study, stay awake till late at night, wake up early morning.
- Ask my non-smoking friends what they do to cope with examination stress.
- Drink hot milk, tea.

- Keep a cloth soaked in cool water and keep dabbing my eyes/ face with it while I study.
- Manage my time efficiently and study hard during the year to avoid last minute stress.

☐HOW CAN YOU HELP TO REDUCE THE USE OF TOBACCO AMONG THE PUBLIC?

- Tell others whatever you have learnt today.
- Organize exhibitions in your college on the hazards of the use of addictive substances.
- Organize health workshops on positive lifestyle measures.
- Organize rallies to spread public messages on the health hazards of alcohol and tobacco - e.g. on May 31st (World No Tobacco Day), June 26th (International Day against Drug Abuse and Illicit Trafficking).
- Help to put up posters in public places.
- Tell your neighbors, friends not to smoke in the presence of their pregnant wives, young children, others.
- If you quit recently, tell others how you did it! Let others learn from your experience.
- If you know anyone who is using alcohol/ tobacco, refer them for professional help.

Material compiled from:

Pratima Murthy, Prasanthi Nattala, Shekhar Salkar. (2010). *Tobacco Cessation: A Manual for Nurses, Health Workers, and Other Health Professionals*. World Health Organization, Regional Office for South-East Asia, New Delhi.



**National Institute of Mental Health &
Neuro Sciences
Institute of National Importance**

Preventing Tobacco Use Among Youth and Young Adults

**Working Together,
We can End the Tobacco Epidemic**



**Department of Mental Health Education
in collaboration with**

**Department of Nursing
&
Centre for Addiction Medicine,
Department of Psychiatry, NIMHANS**

What is tobacco?

Tobacco is a green, leafy plant that is grown in warm climates. After tobacco is picked, dried and ground, it can be made into many products, such as cigarettes, cigars and chewing tobacco. Tobacco products are very addictive and cause serious health problems.

What's in tobacco?

Tobacco products can contain up to 4000 chemicals, most of which can cause cancer. The most dangerous is nicotine, a powerful chemical that makes tobacco products addictive and causes major health problems. Tobacco products also have ammonia, cyanide, arsenic and thousands of other poisons. Tobacco smoke also contains tar, which sticks on and damages lung tissue, and carbon monoxide, a deadly poison that destroys red blood cells.

What types of tobacco products are there?

There are different kinds of tobacco products, which can be chewed, smoked or inhaled. The most common forms of tobacco include:

Cigarettes - paper-wrapped tobacco leaves that are smoked, usually through a filtered end. Cigarettes are the most popular tobacco product.

Cigars - tightly-rolled, unfiltered bundles of tobacco leaves which are lit and smoked. While many users do not inhale the smoke, cigars can still harm the lungs as well as the mouth, gums and throat.

Chewing tobacco – in India, tobacco is chewed in different forms (e.g. paan masala, gutkha), Using chewing tobacco can seriously harm the mouth, gums and throat.

Snuff - a ground-up, smokeless tobacco product that comes in many different forms and flavors. Users take a small amount of snuff, known as a “dip,” and place it between the cheek and

gum. Like chewing tobacco, snuff can cause mouth, gum and throat disease.

How does tobacco use affect your health?

Tobacco is not safe for anyone. When tobacco products are used, thousands of dangerous chemicals attack various parts of the body:

Lungs - Smoking any type of tobacco can harm the airways and decrease airflow. This can lead to chronic coughing, wheezing, shortness of breath and lung infections. Over time, smokers are at a very high risk of getting deadly forms of lung disease, such as emphysema and lung cancer.

Cardiovascular System - Chemicals found in tobacco can enter the blood stream, where they can cause high blood pressure, circulation problems, strokes and heart attacks.

Mouth, Gums and Throat - Tobacco use can cause bad breath, tooth decay, cavities, stained teeth and gum disease.

There is also a risk of getting cancer in the mouth, gums and throat, especially among smokeless tobacco users (who chew or suck on tobacco) and cigar smokers (who often hold the smoke in their mouth).

Pregnancy - Tobacco is EXTREMELY dangerous to pregnant women as well as their unborn children. Tobacco use can lead to miscarriage, premature birth and infant death.

Reproductive effects: In men, tobacco use can cause erectile dysfunction or impotence due to damage to the penile arteries. In women, tobacco use has been associated with decreased fertility, increased incidence of stillbirths, pre-term deliveries and low-birth-weight babies.

Other Health Effects - Tobacco use can lead to cancer of the stomach, kidneys, pancreas and bladder. It can also cause ulcers, cataracts on the eye, wrinkles, yellow skin, and make you look much older than you are. The more you use tobacco, the greater the risk to your health. And because it is so

addictive, many people end up using tobacco much more often than they had first planned.

•Even if you don't use tobacco, breathing in secondhand smoke can lead to the same health problems. Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes. It is smoke that has been exhaled, or breathed out, by the person smoking. Secondhand smoke has all of the dangerous chemicals found in tobacco and can cause heart disease and lung cancer.

Why is early smoking harmful? People who start smoking as young teens are more likely to:

- Get addicted to nicotine.
- Become lifetime smokers.
- Get diseases caused by tobacco use.
- Die from a disease caused by tobacco use.

Some ways to quit:

SET A QUIT DATE. Don't postpone. Take a decision: I will quit on _____ (date).

(Pick a date that's less than two weeks from now)

CHOOSE A METHOD FOR QUITTING:

•Progressive reduction – cut down gradually until you stopped smoking by your QUIT DATE (e.g. from 15 cigarettes per day to 10, and reduce until you reach 0).

•Stop all at once on the Quit Date.

THE DAY BEFORE QUIT DAY :

- Keep substitutes ready: e.g. cloves, chocolate, chewing gum.
- Plan a routine to do first thing in the morning – e.g. prayer, yoga, gym – which is different from your usual routine.