



What's the story?

Volume 2, Issue 2

May 2011

Soilse News



World 'No Tobacco' Day—May 31st

Today, May 31st, is World 'No Tobacco' Day. The World Health Organisation estimates that smoking kills up to 6 million people annually — 5 million smokers and ex-smokers and 600,000 non-smokers who have been exposed to secondary smoking.

After high blood pressure, tobacco use is the biggest contributor to non-communicable diseases such as heart attacks, strokes, cancer and emphysema which together account for 63% of deaths.

Tobacco use killed up to 100 million people in the 20th century — more than all those who died in the two world wars.

Projections for the 21st century are that 1 billion people — the equivalent of the population of India or China—will die from tobacco use.

Each of these deaths is preventable.

If tobacco was launched as a new product today, would it get a licence?

Tobacco use is higher in poorer communities and poorer countries. Its effects on families where there is inadequate health care or insurance is devastating.

Soilse is committed to giving information on how to stop smoking and encouraging you — if you are a smoker — to quit. Our buildings are tobacco-free. Staff don't smoke and so serve as role models for a tobacco-free lifestyle.

We continually try to create awareness of tobacco dependency through workshops and one-to-ones. We also promote healthy living and lifestyle choices through exercise and sport, relaxation and stress management, diet and nutrition, new social activities and peer support networks.

On World No Tobacco Day, think about the health and financial benefits of quitting smoking. There is support for you if you do.

Gerry McAleenan
Head of Services



National Smokers' Quitline 1850 201 203

True or false?

1. Cigarette smoke contains more than 4,000 chemicals.
2. Smoking during pregnancy has no effect on your unborn baby.
3. Children who grow up in a smoky home are just as healthy as other children.
4. About 3,000 people die in Ireland each year because of smoking.
5. A non-smoker who spends the day in a smoky atmosphere breathes as much smoke as if he or she had smoked 10 cigarettes.
6. Cigarette smoke contains ant poison, insecticide and floor cleaner.
7. Smoking 20 cigarettes a day will cost you about €1,000 a year.
8. Smoking has no effect on your sex life.
9. On average, smokers die younger than non-smokers.
10. Light or low-tar cigarettes are better for you than regular cigarettes.
11. My kids have seen how smoking has affected me. They'll never take it up.

Answers on back page

Smoking Facts

- There are about 1 million smokers in Ireland.
- Half will be killed by their smoking.
- Most smokers want to quit.
- Most succeed on their own.
- Help is available.

5 reasons to quit

- **You'll have more energy.** You'll be able to enjoy an active, energetic life.
- **Your health will improve.** Smoking causes lung cancer and is a major risk factor for other cancers, heart disease and serious lung problems.
- **You'll look better.** Smokers' skin ages faster, their teeth turn yellow, their breath smells bad.
- **You'll live longer.** Smokers lose an average of 10-15 years of potential life.
- **You'll save money.** Smoking a pack of 20 cigarettes costs you about €3,139 a year. You could get a holiday or a second-hand car with that.

Know your poison

Smoking contains over 4,000 chemicals. Many are poisonous and at least 60 cause cancer. Here are some to think about.

- ◇ Arsenic - ant poison
- ◇ Ammonia - cleaning agent
- ◇ Acetone - polish remover
- ◇ Benzene - petrol fumes
- ◇ Butane - lighter fuel
- ◇ Carbon monoxide - car exhaust fumes
- ◇ DDT - insecticide
- ◇ Hydrogen cyanide - poison in gas chambers
- ◇ Polonium 210 - radioactive material
- ◇ Toluene - explosives



Tips for quitting

- ✓ Prepare to stop and plan ahead.
- ✓ Write down your reasons for quitting.
- ✓ Make a date to stop.
- ✓ Get support from your family and friends.
- ✓ Change your routine and replace activities that you usually associate with smoking.
- ✓ Eat healthily.
- ✓ Increase your physical activity (it's good for your health and will help you manage stress).
- ✓ Learn to deal with cravings.
- ✓ Think positive. Remember that withdrawal symptoms are a sign that your body is recovering from the harmful effects of smoking.
- ✓ Take one day at a time - and reward yourself with the money you'll save.

Dealing with cravings - the 4 Ds

Delay - at least 3-5 minutes and the urge will pass.

Drink a glass of water or fruit juice.

Distract yourself. Move away from the situation.

Deep breaths. Breathe lowly and deeply.

Tips for staying stopped

Do

Stay positive. When you're tempted to give in, remember why you stopped. Stay determined and the temptation will pass.

Keep busy. Boredom can make smoking seem more important to you than it really is.

Be active. A short walk will give you energy and take your mind off cigarettes.

Don't

Don't think 'one won't hurt'. This is just an excuse to have a cigarette and will lead to more.

Don't be tempted to smoke with friends who smoke.



True or false answers

1. True. Scary, isn't it?
2. False. Smoking when you're pregnant increases the risk of cot death, miscarriage and other pregnancy complications.
3. False. Children who live in a smoky home are at greater risk of chest infections, severe asthma, coughing and wheezing, ear infections and absence from school due to ill health.
4. False. More than 6,000 people die each year due to smoking-related illnesses.
5. True. Think of what your smoking does to your kids.
6. True. It also contains many other nasties such as ammonia, formaldehyde, nickel, lead, radon and butane.
7. False. It actually costs €3,169 (a pack of 20 costs €8.60).
8. False. Smoking increases the risk of impotence in men and infertility in women.
9. True. Smoking can take 10-15 years off your potential life span.
10. False. Light or low-tar cigarettes are just as bad for you.
11. False. Children are twice as likely to smoke if their parents smoke.

