

# THE MAKE-UP OF SMOKING

After cleansing, exfoliating, toning and moisturising, how about some poisoning?

Considering the care with which you choose your face

creams, perhaps you should consider this: every cigarette contains 4,000 toxins, many of which your blood stream carries right into the structure of your skin. So how do you cleanse there?



# BREAK FREE TAKE CONTROL OF YOUR LIFE

*ALL THE HELP YOU NEED...*

If you'd like some advice on quitting, you can call the National Quitline on callsave **1850 201 203**

You can also talk to your GP or Pharmacist or the Local Health Board

And whatever you do, always remember that you are not alone : 70% of smokers want to quit! Good luck. You can do it.

For further information call the Irish Cancer Society Health Promotion Department on **01 231 0500**



# THE BEAUTY OF QUITTING



## DEAR QUITLINE

I'm 29 and I smoke. I understand all the logical reasons why I should quit, but I just can't seem to do it. I know the Why, but I don't know the How. Got any advice? **SMOKER**

Dear Smoker,

We are delighted that you are thinking of quitting - here are our **TOP 10 TIPS**

1. **Prepare Yourself**

Write down your reasons for stopping and keep them close at hand.

2. **Set a Date**

Get rid of all cigarettes - light/low tar cigarettes are not an option and are just as bad.

3. **Ask for Help**

Get some support from your family and friends.

4. **Watch out for Triggers**

Break your routine for a while by avoiding the things you normally associate with smoking, e.g. coffee and alcohol.

5. **Get some Exercise**

Exercise helps reduce stress and keeps you fit.

6. **Reward Yourself**

Open a separate account and, once a month, put away what you'd normally spend on tobacco. Then, treat yourself with the money you have saved.

7. **Learn to Cope with Cravings**

Cravings are normal and may be part of your life for a while.

**4 D's to deal with Cravings:**

- Delay at least 3 minutes and the urge will pass;
- Drink a glass of water or fruit juice;
- Distract yourself;
- Deep breathe slowly and relax.

8. **Think Positive**

Withdrawal symptoms that may occur are temporary. Keep feeling good about yourself.

9. **Watch what you Eat**

Avoid snack attacks with things like chocolate or biscuits. Try fruit or some sugar-free gum instead.

10. **Take One Day at a Time**

Every day without cigarettes is good news for your health, your family and your pocket.

# LOOK GREAT FEEL FREE

## WHEN YOU QUIT...

- You'll be free from the dependence on nicotine
- You'll be free to enjoy an active, energetic life
- You'll be free from the worry that you're damaging your health, as well as that of your family and friends
- You'll significantly reduce your risk of heart disease and smoking related cancers
- You'll be free from the effects of 4,000 chemicals, including tar and carbon monoxide
- You'll be free from the financial burden of cigarettes



# SO HOW CAN SMOKING AFFECT ME?

- Smokers lose an average of 10 -15 years of potential life.
- Smoking causes 90% of lung cancers in women. Smoking also greatly increases your risk of getting many other cancers, including cancer of the cervix.
- Smoking is a major risk factor for heart disease and causes bronchitis and emphysema.
- If you're a smoker and you're taking the contraceptive pill, you increase your risk of heart attack and stroke.
- If you're planning on having a baby, remember that smoking can reduce your fertility and that smoking during pregnancy can lead to miscarriage, stillbirth and illness in early infancy.
- If you smoke, you're likely to reach menopause 2 - 3 years earlier.

# GOOD

Some people think smoking looks sophisticated. But looks can be deceptive.

In fact, smokers' skin wrinkles and ages prematurely.

And puckering your lips when you inhale gives you wrinkles around your mouth.

Not to mention discoloured fingernails, yellowing of teeth and bad breath.

The longer you don't smoke, the longer you'll keep your good looks.

