

Smoking Cessation Guide for Staff of Entertainment Business



I love smoke-free Hong Kong!



衛生署控煙辦公室
Tobacco Control Office
Department of Health



All content and information contained in this publication are protected by copyright, of which the owner is the Tobacco Control Office of the Department of Health, Government of the Hong Kong Special Administrative Region.





Contents

Preface 1

Preparation

The perils of smoking 2
Benefits of quitting 7
Make a wise choice 8

Action

How to quit 9
Tips on quitting 10
Withdrawal symptoms 12
Drugs for quitting (I)..... 13
Drugs for quitting (II)..... 15

Strategy

A smoke-free life, a healthier life 17
Refusal skills to smoking 18

Contingency

Skip without falling..... 19

FAQs

..... 20

References

Smoking Cessation Hotline 22
Smoking Cessation Clinics 23
Fagerstrom Test 25



Preface

Smoking is one of the leading causes of death and many chronic diseases. It produces significant harmful effects on health and reduces your quality of life. Smoking not only affects you but also the health of your family and children. You will experience improvement in your health if you quit.

In this booklet, you will be introduced to all the harmful effects of smoking, ways to quit smoking as well as information on smoking cessation services. If you have any enquiries, please feel free to contact our Smoking Cessation Hotline at 1833 183. Our healthcare workers are always ready to assist you to start a brand new smoke-free life!

Tobacco Control Office
Department of Health



The perils of smoking

Smoking is a causative agent of many diseases.

Tobacco smoke contains:

| | |
|------------------------|--|
| Nicotine | addictive, narrows blood vessels |
| Tar | carcinogenic, irritates airways, and causes yellowish nails and teeth |
| Carbon Monoxide | Reduces oxygen carrying capacity of blood, depletes oxygen, accelerates ageing |

Tobacco smoke also contains:

- over 4,000 harmful chemicals (e.g. cyanide and arsenic)
- over 50 carcinogens (e.g. nitrosamine, aldehyde and chromium)





Smoking Cessation Guide

for Staff of Entertainment Business



Diseases caused by smoking

Cancers

Lung cancer, oral and pharyngeal cancer, laryngeal cancer, oesophageal cancer, stomach cancer, pancreatic cancer, kidney cancer, bladder cancer, cervical cancer, leukaemia

Diseases of Circulatory System

Atherosclerosis, heart disease, stroke, aortic aneurysm, peripheral vascular disease

Diseases of Respiratory System

Pneumonia, chronic obstructive pulmonary disease, asthma, cough, lung function deterioration

Diseases of Reproductive System and Pregnancy

Impotence, Infertility, foetal growth retardation, premature delivery, miscarriage and other complications during pregnancy

Other Diseases

Osteoporosis, peptic ulcer and periodontitis





Smoking and Women

It has been the impression of smoking women that smoking can make them look “cool” and “stylish” . In fact, smoking seriously damages their health and appearance .

Moreover, smoking not only causes lung cancer, respiratory diseases, heart disease and stroke, but also.....

- ❶ affects the endocrine system — it causes female infertility, menopause at an earlier age and increases the risks of painful menstruation and menstrual irregularity.
- ❷ damages appearance — it brings yellowish discoloration to teeth and fingernails, accelerates the ageing of skin and increases wrinkles near the eyes and mouth.





Smoking Cessation Guide for Staff of Entertainment Business



Smoking and Youth

It is well known that smoking causes a number of fatal diseases such as lung cancer, respiratory diseases, heart disease and stroke. Do not ignore these diseases as they seem very far away, or misbelieve that smoking may help you lose weight or ease mental stress.

- ❖ Smoking cannot help you lose weight — Studies show that smoking cannot reduce body weight. To maintain a normal weight, you should exercise regularly and have a balanced diet.
- ❖ Smoking is addictive and can be annoying — Nicotine in cigarettes is addictive and causes you to smoke more than intended. People who have experienced smoking will frequently become regular smokers.
- ❖ Smoking may cause impotence — Smoking affects the circulatory system and causes constriction of blood vessels in the penis. This may result in erectile dysfunction.
- ❖ Smoking wastes money — It costs you over \$10,000 per year if you spend several tens dollars to buy cigarettes everyday. Why not save the money for better use?



Fatal secondhand smoke

- ❶ Secondhand smoke not only causes lung cancer and heart disease, but also increases the chances of stroke and breast cancer in young women.
- ❷ For children and youth, secondhand smoke may cause permanent lung damage and increase the chance of having diseases such as asthma, middle ear infection and respiratory tract infections.
- ❸ Complications to pregnancy (including miscarriage, premature delivery, low birth weight, etc.) and Sudden Infant Death Syndrome may also be induced by secondhand smoke.
- ❹ The harmful ingredients of secondhand smoke would stay indoor for three hours or even longer. Currently, there is no ventilation system which can completely remove the harmful elements of secondhand smoke.





Smoking Cessation Guide

for Staff of Entertainment Business



Benefits of quitting

- Health**
- ✘ After quitting for 8 hours, the carbon monoxide level in the blood resumes normal.
 - ✘ In 2 weeks to 3 months, lung function improves gradually.
 - ✘ In 1 year, chances of having a heart attack cut by half.
 - ✘ In 10 years, risk of dying from lung cancer is half as that of a smoker.
 - ✘ In 15 years, risk of heart attack is similar to that of a non-smoker.
- Family**
- ✘ Protect your family and friends against hazards of secondhand smoke.
- Money**
- ✘ Stop smoking 1 pack of cigarettes a day, and you can save more than \$10,000 in a year.





Make a wise choice

Still being hesitant? Try the “Decision Balance Table” below, which may help you justify whether smoking or quitting is better. For example:

| Positive feelings brought on by smoking | Negative feelings brought on by smoking |
|--|--|
| Killing time Fun | Discolour my teeth and nails Make me smelly and phlegmatic Shortness of breath during exercise Always feeling tired |
| Negative feelings brought on by quitting | Positive feelings brought on by quitting |
| Feeling uneasy Bad temper | Healthiness Smoother breath A shining countenance Save much more money |

Advantages of quitting undoubtedly outnumber those of smoking. Make a wise choice now!

Smoking Cessation Guide

for Staff of Entertainment Business

How to quit

Wondering how to quit? The first step is to make a plan that will work for you.



- ◆ First decide if you need advice or support of any kind. Our hotline 1833 183, healthcare professionals and medications are some good sources of support.
- ◆ Set the quit date on a special day.
- ◆ If you want to do it right away, **today** is the best day!
- ◆ Tell family, friends and colleagues your decision of quitting and enlist their support.
- ◆ Try to limit the amount of cigarettes smoked before the quit date.
- ◆ Refrain from smoking completely (not even a puff) starting from the quit date, and discard all cigarettes, lighters and ashtrays.



Tips on quitting

Defeat your cravings and withdrawals

Remember, cravings will last for just a few minutes and you will be able to get it over by the simple methods suggested below:



Delay

- Slow down the action and recall the reasons of quitting.

Distraction

- Wash face or talk to others.
- A deep breath may help driving the tiredness away.
- Drink some warm water, which would relieve the condition of dry mouth and throat.



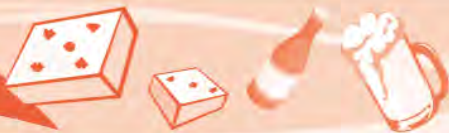
Smoking Cessation Guide

for Staff of Entertainment Business

Avoid Triggers

- ◆ Avoid meeting friends who smoke for a short period of time. If invited to smoke, strictly refuse and simply say “Thanks, but no thanks. I’ve already quit.”
- ◆ Alcohol may lower the vigilance against smoking, so avoid drinking.
- ◆ Avoid caffeine-containing drinks such as coffee, strong tea, cola, etc. as these drinks may provoke cravings.





Withdrawal symptoms

Once a smoker refrains from smoking, he/she may experience short-term discomfort when the nicotine level of blood drops inside . These discomforts are “withdrawal symptoms” , which include:

- ◆ Dizziness, headache,
- ◆ tiredness, poor concentration,
- ◆ dry mouth and throat, cough,
- ◆ hunger, increased appetite, etc.

Generally, these symptoms only last for 2 to 3 weeks, which peak in the first week.

Quitters could try out the “Fagerstrom Test” to measure the level of addiction.

Drugs for quitting (I)

Pharmacotherapy for smoking cessation can be broadly divided into two categories: Nicotine Replacement Therapy (NRT) and Non-Nicotine Replacement Therapy (Non-NRT).

Nicotine Replacement Therapy (NRT)

- ◆ NRT is an effective and safe aid for smoking cessation. It is available at dispensaries or pharmacies.
- ◆ The optimal duration of use is about 2 to 3 months.

Points to note for using NRT:

Pregnant or breastfeeding women, patients with severe angina, serious cardiac arrhythmias or individuals suffering from acute myocardial event in the recent two weeks should consult doctor/pharmacist before using NRT.

Quitters must keep their determination and perseverance for quitting successfully.



Nicotine Replacement Therapy (NRT)

Nicotine Gum

Chew slowly for 10 to 15 times until a strong taste is released, and then park it in the buccal area for about 2 minutes to allow absorption of nicotine. Repeat the process until the gum becomes tasteless.



Nicotine Patch

Apply daily to clean and dry skin such as the chest, upper arms or the back. Keep it at all times including swimming and showering.



Nicotine Inhaler

It consists of a plastic suction tube and a cartridge. There are two methods for using nicotine inhaler: rapid shallow sucking or slow and deep inhalation.



Nicotine Lozenge

Place it in mouth and move at intervals from one side of the mouth to the other, until it dissolves. The lozenge should not be chewed or swallowed whole.



Drugs for quitting (II)

Non-Nicotine Replacement Therapy (Non-NRT)

Two first-line medications, which have no nicotine, are currently used in smoking cessation.

They both work but they are not magic cures. They will not replace the hard work for quitters — One must want to stop and must be prepared to try.

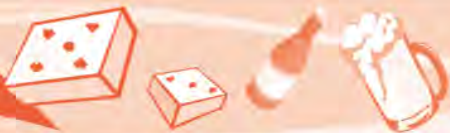
Bupropion

Actions:

- It helps with withdrawal symptoms and lessens the urge to smoke.

Points to note:

- Patients using Bupropion pills should be under doctor's prescriptions and guidance.
- Some people have side effects when using Bupropion pills such as dry mouth and insomnia.
- Bupropion is contraindicated in individuals who are using monoamine oxidase inhibitors, have history of epilepsy, brain tumour, significant head trauma or eating disorders.



Varenicline

Actions:

- ❖ It helps with withdrawal symptoms and lessens the urge to smoke.
- ❖ Besides, it also blocks the reinforcing effects of nicotine.

Points to note:

- ❖ Patients using Varenicline should be under doctor's prescriptions and guidance.
- ❖ Some people have side effects when using Varenicline such as sleep disturbance and stomach upset.
- ❖ Varenicline is not recommended for individuals who are under 18 years old or have end-stage renal diseases.
- ❖ Quitters should stop taking Varenicline and contact a health care provider immediately if agitation, depressed mood, or changes in behaviour that are not typical for the patient are observed, or if suicidal ideation or suicidal behaviour are developed.

If you want more details about these medications, please talk to your doctor or pharmacist, or contact our Smoking Cessation Hotline at 1833 183.

Smoking Cessation Guide for Staff of Entertainment Business

A smoke-free life, a healthier life

Balanced Diet

- ◆ Maintain a balanced diet, intake at least 2 servings of fruits and 3 servings of vegetables to keep body weight under control.



Adequate Exercise

- ◆ Exercise can strengthen heart and lung functions as well as increase the chance of quitting.

Mental Health

- ◆ Be optimistic and positive.
- ◆ Understand one's strengths and weaknesses, don't take on tasks that are beyond one's capabilities.
- ◆ Enlist support from beloved one, family or close friends.



Reward Yourself

- ◆ Save money spent on cigarettes.
- ◆ Reward yourself after you have achieved the goal.



Refusal skills to smoking

We all know that smoking is hazardous to health, but do you know how to refuse peers when they offer you a cigarette?

“Hey! Have a cigarette……”

Be firm

“I am a non-smoker!”

“I have quitted smoking!”

Be proactive

“This is a no smoking area, you can't smoke here!”

“It's the trend to quit smoking now, isn't it?”

Telling the truth

“It's too costly for me, I can't afford that! I won't smoke even it's free.”

“I'll play sports and smoking will affect my performance!”

Leaving the scene

“I've some urgent matters to deal with, I've got to go.”

“I've a meeting soon. Bye!”

Smoking Cessation Guide

for Staff of Entertainment Business

Skip without falling

- “All-or-nothing” may be too extreme. A single puff may indicate a little setback, but not necessarily a total loss. Get back on track and you are still heading to the goal.
- Do not feel guilty even if you fail. Just start all over again. Not everyone can achieve success in one try.

Date : 2/4

Time : 15:00

Place : Home

Feeling/Experience : Wanted to smoke esp. when it's boring

What I'll do next time when facing the same situation : Go for a walk

Date : 22/4

Time : 22:00

Place : Friend's home

Feeling/Experience : Couldn't refuse

What I'll do next time when facing the same situation : Avoid meeting this friend temporarily



FAQs

Can I gradually reduce the amount of cigarettes smoked till I finally refrain from smoking?

A: Gradually reducing the amount of cigarettes cannot eliminate your nicotine dependency, nor can it change your lifestyle (e.g. maladaptive skills on coping stress). This is because once quitters are under pressure, depressed or in low spirits, they incline to return to their usual cigarette consumption again.

Is medicine mandatory for a successful quitting?

A: No, it is not necessary. Medication can double the chance of successful quitting and alleviate the withdrawal symptoms that may appear when smokers start to quit. However, determination, volition and willpower are still crucial. In addition, preparation for dealing with the withdrawal symptoms and preventing relapse are also needed.

I have quit for a certain period of time, a puff or two wouldn't matter, would it?

A: No matter how long you have successfully quit, a puff or two could have made you relapse into addiction to cigarette. Hence, quitters should not try to smoke again no matter how long they have successfully quit smoking.

Smoking Cessation Guide

for Staff of Entertainment Business

Do elderly smokers not have a need to quit smoking?

A: This is a common misunderstanding. Researches show that smokers who are over 60 years of age can also reclaim an average of 3 years of age that might have lost due to smoking once they have successfully quit. Therefore, smokers of all ages will gain benefits from quitting.

Can switching to low tar cigarettes reduce the damage to health? Can it be a substitution for quitting?

A: Absolutely not! Various researches suggest that the damage that low tar and low nicotine cigarettes induced are of no difference to any other cigarettes, and they can never replace quitting. Smokers should never weigh the damage level of cigarettes from the labels on the packages of tobacco products which indicate the tar contained.

Cigars are luxuries, hence less damage……

A: Cigars are tobacco products as well. They also cause numerous fatal diseases such as lung cancer and oral cavity cancer.



Smoking Cessation Hotline

Integrated Smoking Cessation Hotline of the Department of Health : 1833 183

- Press 1 : Department of Health Smoking Cessation Hotline
- Press 2 : Tung Wah Group of Hospitals Smoking Cessation Hotline
- Press 3 : Hospital Authority Quitline
- Press 4 : Pok Oi Smoking Cessation Service using Traditional Chinese Medicine
- Press 5 : Youth Quitline of the University of Hong Kong
- A 24-hour smoking cessation service.
- Counselling on smoking cessation is provided by health care professionals through the hotline within office hours.
- A computerized call handling system is set up to provide information on smoking cessation in Cantonese, Putonghua and English round the clock. Smoking cessation information can be obtained through facsimile.
- Users may assess their nicotine dependency via the system and obtain the test result by facsimile.
- Referral to smoking cessation clinics would be made whenever necessary.





Smoking Cessation Guide

for Staff of Entertainment Business



Smoking Cessation Clinics

At present, there are a number of smoking cessation clinics run by the Department of Health, Tung Wah Group of Hospitals, Hospital Authority, Pok Oi Hospital and various organizations. Some private doctors and private hospitals also provide smoking cessation services that smokers may join.

Department of Health Smoking Cessation Clinic

Education and Training Centre in Family Medicine

2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok

- The services provided in the clinic include: preliminary assessment, counselling on quitting smoking for 8 to 12 weeks, nicotine replacement therapy and post-treatment follow-up for up to 1 year.
- Sharing and guidance on physiological and psychological adaptation, behavioural and lifestyle modification and environmental adjustments will be provided during the counselling.



Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

Five centres are established by the Tung Wah Group of Hospitals to provide free smoking cessation service in different time frames including evening hours and weekends.

The addresses of the Tung Wah Group of Hospitals Integrated Centres on Smoking Cessation are as follows:

Wan Chai Head Office

17/F, Tung Sun Commercial Centre, 194-200 Lockhart Road, Wan Chai

Mong Kok Suboffice

Room 2602-05, 26/F, Wealth Commercial Centre, 42 Kwong Wa Street, Mong Kok

Kwun Tong Suboffice

Room G, 20/F, Legend Tower, 7 Shing Yip Street, Kwun Tong

Sha Tin Suboffice

3/F, Lek Yuen Health Centre, 9 Lek Yuen Street, Sha Tin

Tuen Mun Suboffice

4/F, Butterfly Bay Community Centre, Butterfly Estate, Tuen Mun

Hospital Authority

Smoking cessation service is provided by Smoking Counselling and Cessation Centres under the Hospital Authority.

A Quitline (Tel: 2300 7272) has been set up to provide counselling and appointment services.

Pok Oi Smoking Cessation Service using Traditional Chinese Medicine

Mobile clinics of Pok Oi Hospital provide free smoking cessation service using traditional Chinese medicine, including acupuncture and counselling, at designated locations of all districts.



Smoking Cessation Guide

for Staff of Entertainment Business



Fagerstrom Test

| Question | Option | Score |
|---|------------------------------|----------------------------|
| How soon after you wake up do you smoke your first cigarette? | 5 minutes | <input type="checkbox"/> 3 |
| | 6-30 minutes | <input type="checkbox"/> 2 |
| | 31-60 minutes | <input type="checkbox"/> 1 |
| | 60 minutes or more | <input type="checkbox"/> 0 |
| Do you find it difficult to refrain from smoking in places where it is forbidden (e.g. shopping mall, MTR train or lift)? | Yes | <input type="checkbox"/> 1 |
| | No | <input type="checkbox"/> 0 |
| Which cigarette would you hate most to give up? | The first one in the morning | <input type="checkbox"/> 1 |
| | Any other | <input type="checkbox"/> 0 |
| Do you smoke more frequently during the first few hours after waking up than the rest of the day? | Yes | <input type="checkbox"/> 1 |
| | No | <input type="checkbox"/> 0 |
| Do you smoke if you are so ill that you are in bed most of the day? | Yes | <input type="checkbox"/> 1 |
| | No | <input type="checkbox"/> 0 |
| How many cigarettes do you smoke every day? | 31 or more | <input type="checkbox"/> 3 |
| | 21-30 | <input type="checkbox"/> 2 |
| | 11-20 | <input type="checkbox"/> 1 |
| | 10 or less | <input type="checkbox"/> 0 |
| Total score | | |

| Total Score | Nicotine Dependence |
|-------------|---------------------|
| 0 - 3 | Low |
| 4 - 5 | Medium |
| 6 - 10 | High |

Fagerstrom Score 0-3 : drugs may not be required
 Fagerstrom Score 4-5 : may use drugs of lower dosage
 Fagerstrom Score 6-10 : may use drugs of higher dosage