NUNAVUT TOBACCO REDUCTION PROGRAM

RUMOUR BUSTING

If I stop smoking, will I gain weight?

Not everyone gains weight. If you eat healthy and exercise, you won't gain weight.

The health effects of smoking are much worse than any health effects of any weight gain.

If I switch to light cigarettes or use chew, will it be safer or easier for me to quit?

No type of tobacco is safe. Every type of tobacco has the same poisons.

Is quitting "cold turkey" a good way to be successful?

Each person has their own "best way" to quit.

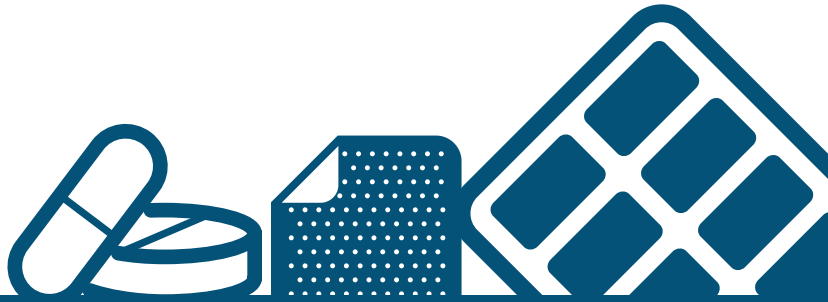
But, people who use nicotine gum, patches and prescription drugs, plus seek support, often have more long-term success at quitting.

QuitLine **1-866-368-7848**
quithelp@gov.nu.ca

Is using nicotine replacement therapy (NRT) harmful for me or my unborn baby?

NRT is safer for you and your baby than tobacco.

Tobacco has 4,000 to 7,000 chemicals and poisons, including nicotine. NRT has only nicotine.



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References

For a list of references, email tobacco@gov.nu.ca.

December 2016

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Can healthy habits make up for smoking?

No matter what food you eat and what exercise you do, smoking has the same health effects.

Smoking can kill you, no matter what you eat or how you exercise.

Is there any point in trying to quit again when I've tried quitting so many times before?

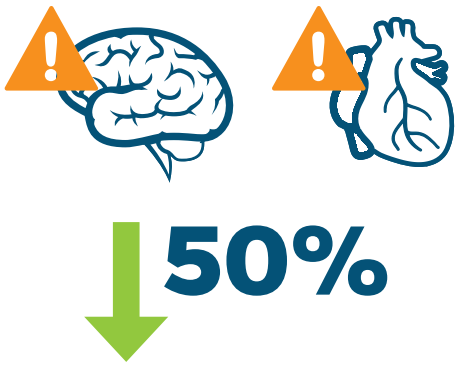
It takes an average of 30 tries before a person quits for good.

Each time, you learn something new to help the next time.

If I've smoked my whole life, will it do me any good to quit smoking now?

It is never too late to quit. You and the people around you benefit right away.

One year of quitting, your chance of a heart attack or a stroke is reduced by half. Two to five years of quitting, your chance of a stroke would be the same as a non-smoker.



Isn't it only old people who get sick from tobacco?

Even 20 and 30 year olds can die from stroke caused by smoking.

The longer you smoke, the more likely you will get cancer, heart problems and other diseases.

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