



COME STOP SMOKING YOU CAN DO IT!



Promotion, Prevention and Rehabilitation Unit
National Cardiovascular Center Harapan Kita



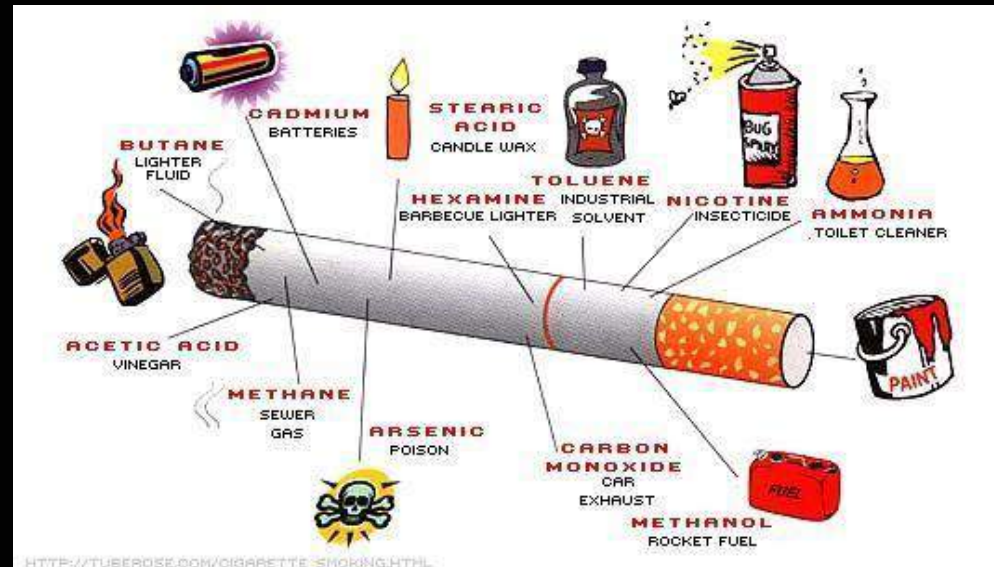
Cigarette content = Chemical Factory



- Gas and smoke content
- Nicotine and tar content

> 4000 chemicals, 60 carcinogenic (cause of cancer)

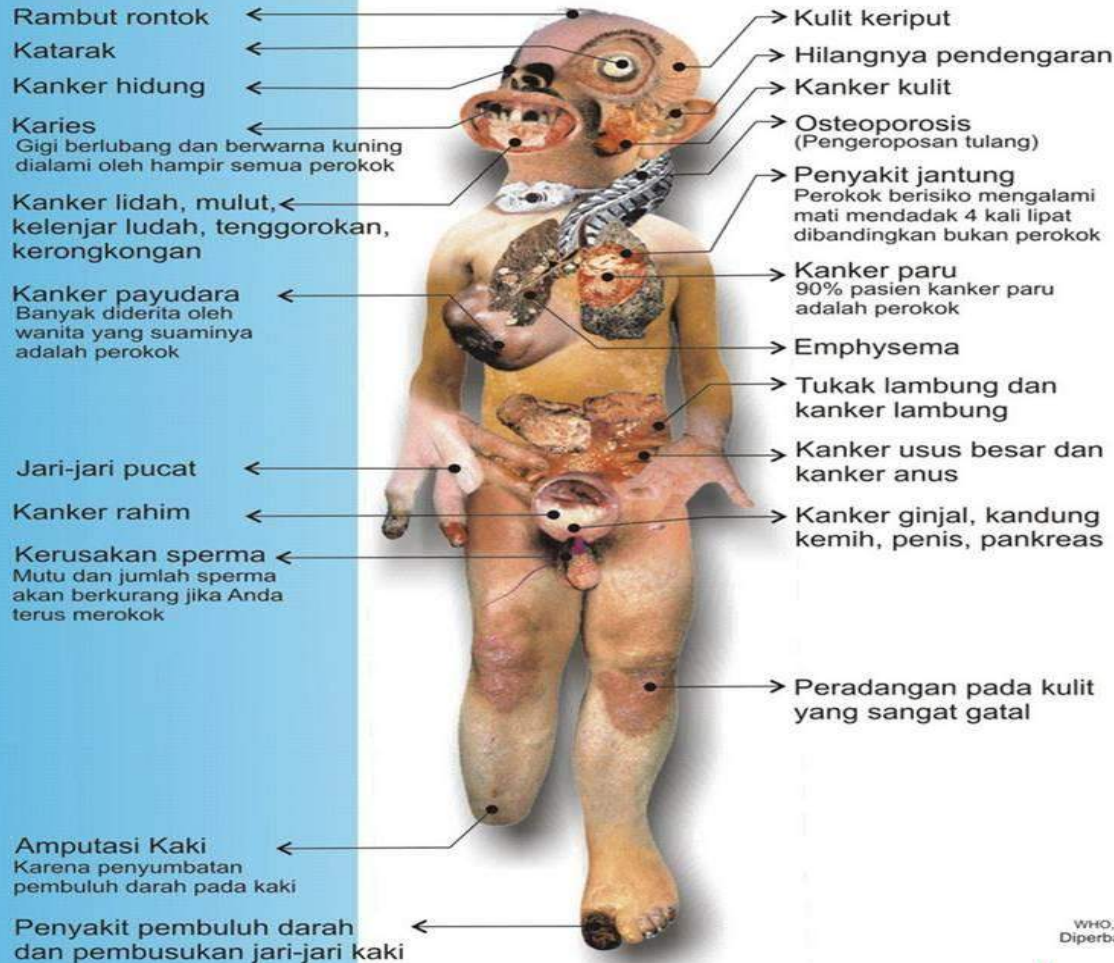
- ❖ Carbon monoxide → car exhaust
- ❖ Arsenic → rat poison
- ❖ Ammonia → toilet cleaner
- ❖ Acetone → nail remover
- ❖ Hydrogen cyanide → killing gas
- ❖ Naphthalene → mothball
- ❖ Sulphur compounds → matchstick
- ❖ Lead
- ❖ Alcohol
- ❖ Formaldehyde
- ❖ Butane → lighter fluid





Tubuh Seorang Perokok

Merokok menyebabkan kerusakan dan penyakit pada semua bagian tubuh



Sumber:
WHO, Geneva, 2002
Diperbanyak Oleh :



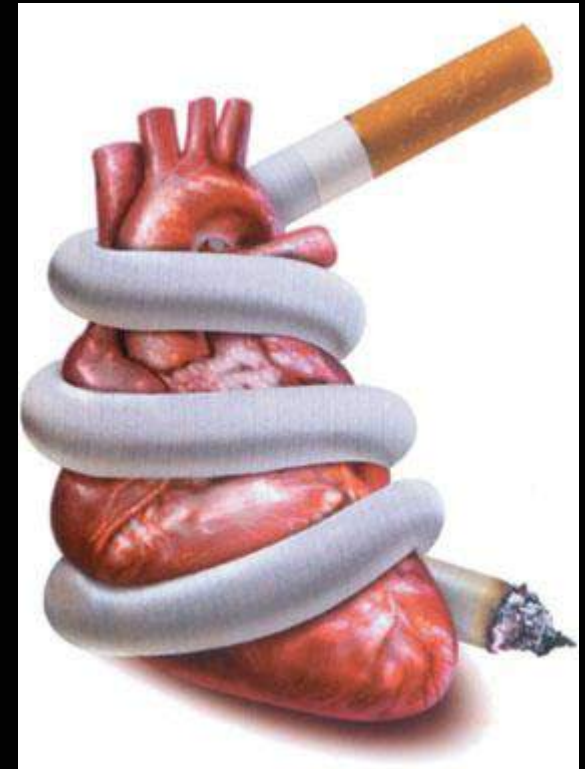
Center for Bioethics and Medical Humanities
Center of Health Behavior and Promotion
Fakultas Kedokteran Universitas Gadjah Mada
Untuk informasi lebih lanjut hubungi : Phone/Fax : 0274-547489
Email : bioetika@yahoo.com



Cigarette and Heart

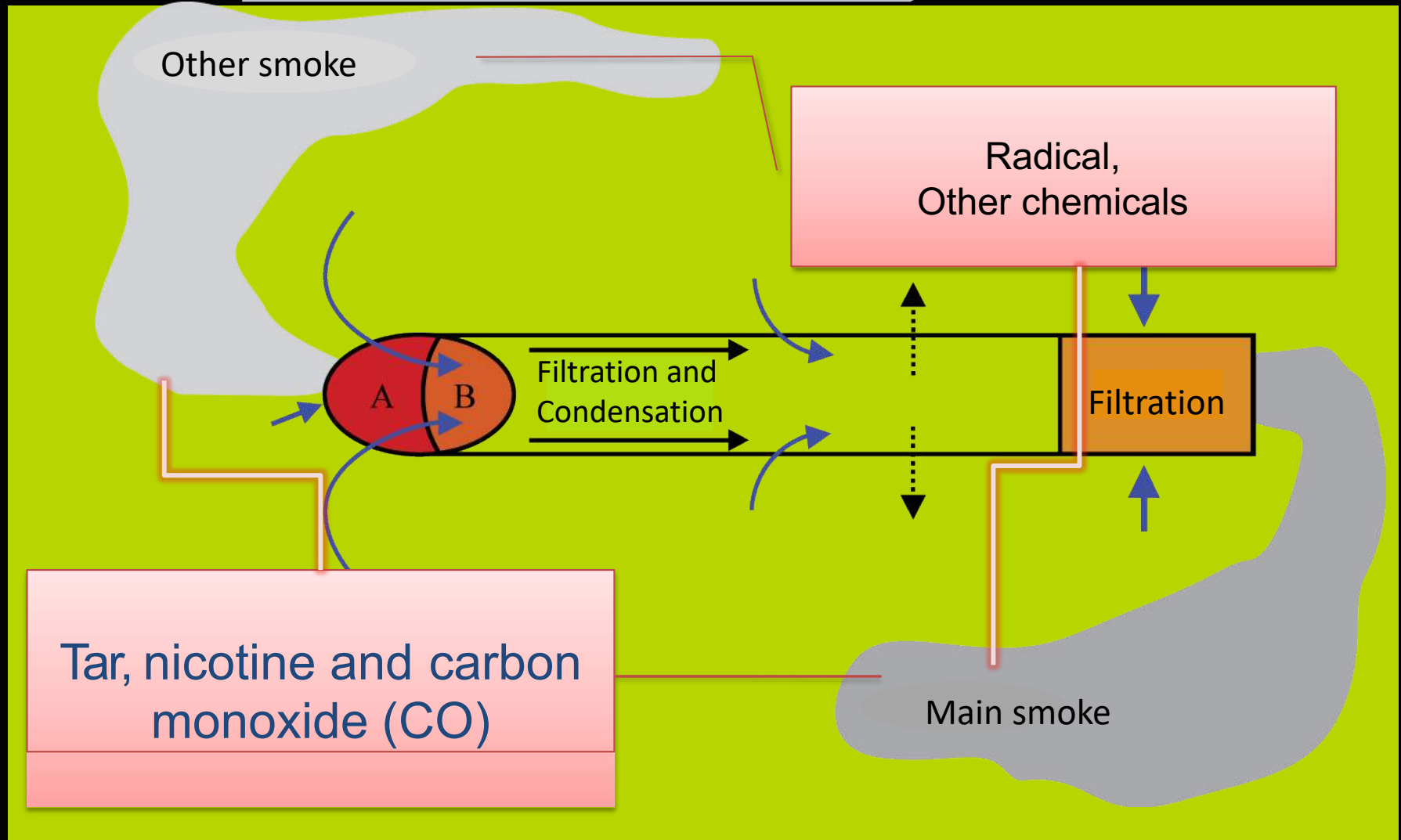
- 50% chance of death
- Half of it caused by coronary heart disease
- Reducing life expectancy up to 10 years

 **Smoking killing you**



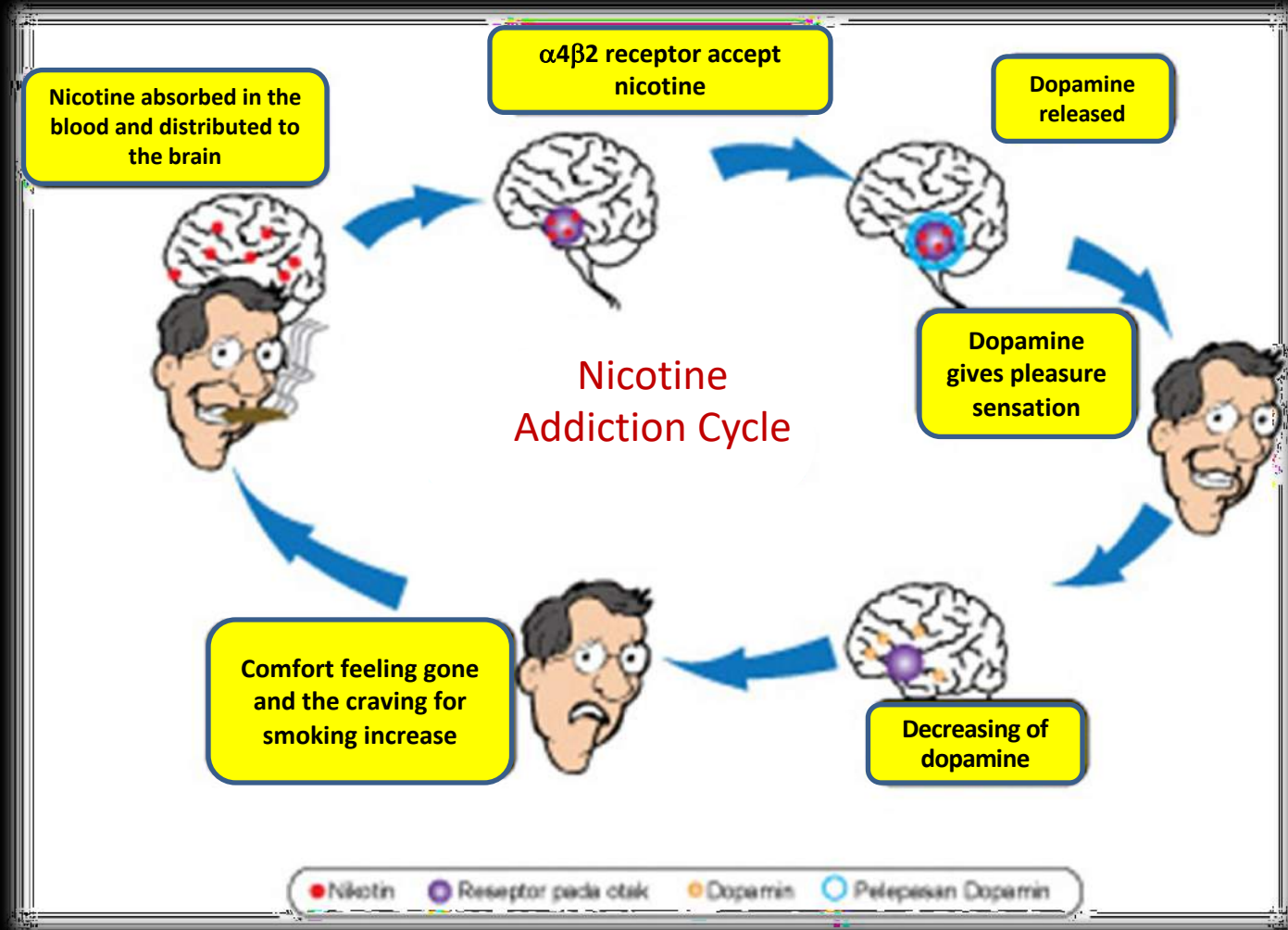


Cigarette smoke





What is happen when smoking?





Cigarette dependence - multidimensional



- **Physiologic**
 - Main caused is **NICOTINE ADDICTION**
 - Physiological rewards (the increasing of dopamine) and unbearable to cut the nicotine lead smoker to keep smoking
- **Psychologic**
 - Caused by social environment
 - Habit according to exact time (eg. After dinner)
- **Social**
 - Raised in active smoker family
 - Peer pressure
 - Cigarette ad?



Common Symptoms of Nicotine Withdrawal



Craving Symptoms

**Easily angry,
irritated, frustrated**
(<4 minggu)²

Insomnia (<4
weeks)²

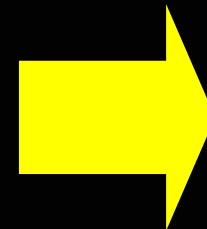
Anxiety
(rasa cemas)^{1,2}

Weight gain(>10
minggu)²

Impatient
(<4 minggu)²

**Dysphoric or
depression**
(<4 minggu)²

Hard to focus
(<4 minggu)²



**Hard to
stop
smoking**



Nicotine withdrawal: Duration



2 hari

Headache

1 minggu

Sleep disorder

2 minggu

Hard to
concentrate

4 minggu

Irritability, aggressive
Depression
Anxiety

10 minggu

Increased appetite



Smoking →

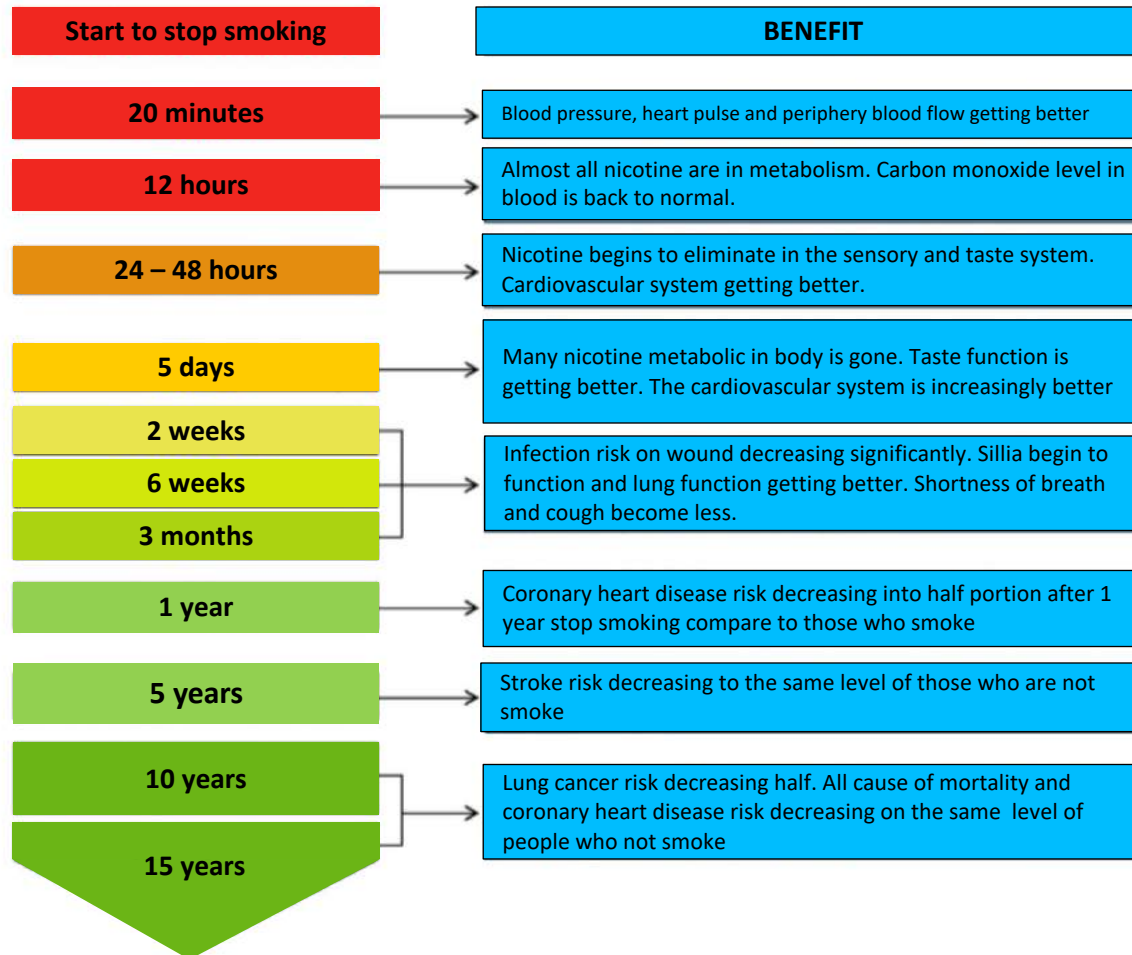
The impact?

- Health impact
 - Self
 - Family and children
 - Environment





Nicotine Withdrawal Benefit



Mathers CD, PLoS Medicine, 2006;3(11):2011-30.

American Cancer Society <http://www.cancer.org/acs/groups/cid/documents/webcontent/002971-pdf.pdf>.

United States Department of Health and Human Services. <http://profiles.nlm.nih.gov/NN/B/B/C/T/>.

United States Department of Health and Human Services .

www.cdc.gov/tobacco/sgr/sgr_2004/sgranimation/flash/index.html.



Find The Right Motivation to You



- Do you want to get heart attack?
- Do you want to be impotent?
- Do you want your child to be a smoker?
- Don't you want your close family live cancer free?
- Want a good and healthier life?
- Conquer yourself and eventually will be able to stop smoking as you have dreamt before?
- Etc



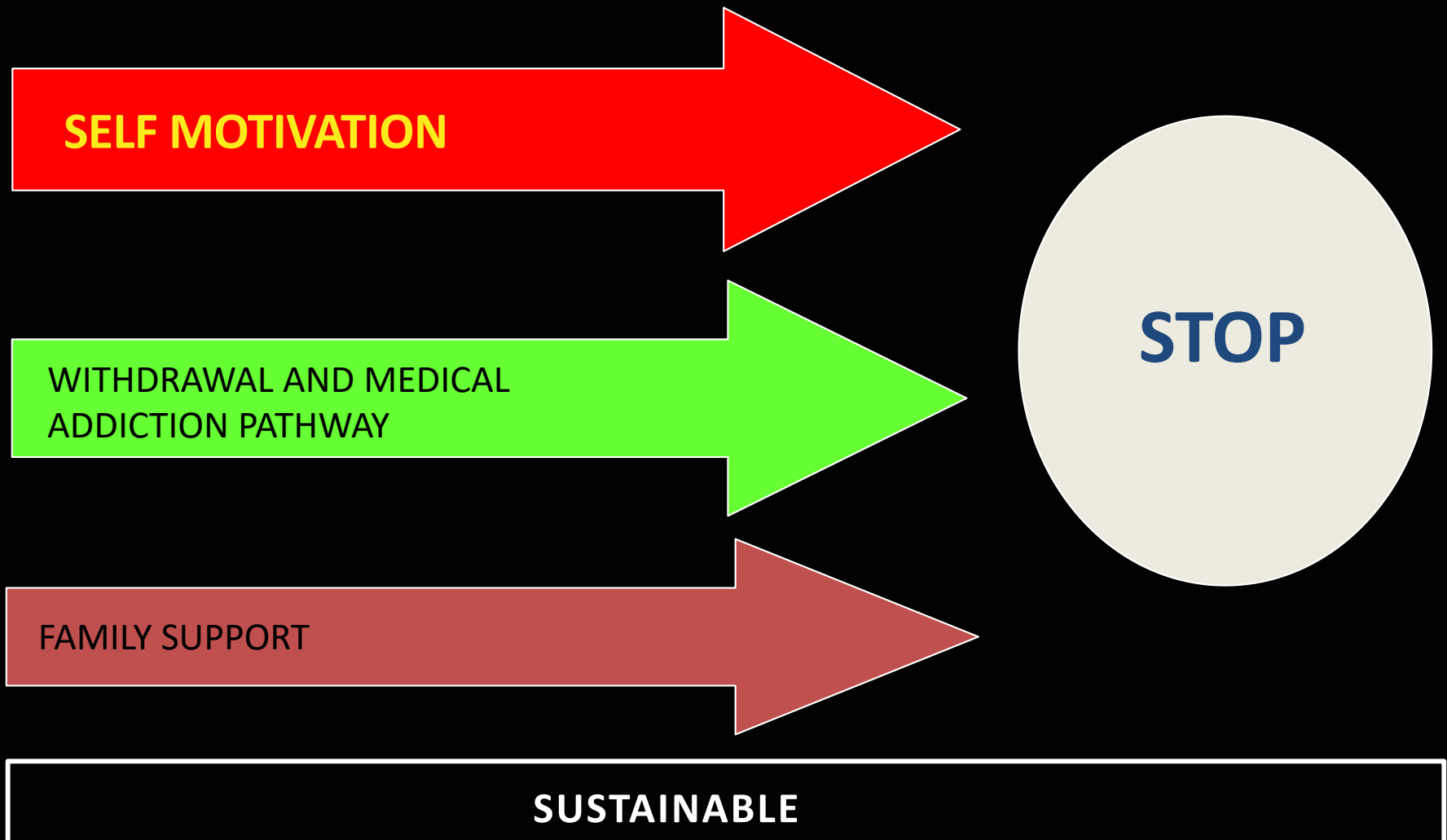
WAYS TO STOP SMOKING

- COMMITMENT
- FIX ADDICTION
- FIX WITHDRAWAL
- DO NOT INFLUENCED BY ENVIRONMENT
- CLOSE PEOPLE SUPPORT





STOP SMOKING STRATEGY





WAYS TO STOP SMOKING

Cara 1:

STOP DIRECTLY

- Today you are still smoking, tomorrow you will totally quit. For most of people, this way works the best. For heavy smoker, you may need medical help to overcome the cravings effect.



WAYS 2: DELAYING

- Delaying to smoke, two hours everyday. Do not count the cigarettes. For example, you may have the first smoke at 7 AM and planning your stop smoking in 7 days. Then the delay time will be like below:

Day 1 : 09.00 AM

Day 2 : 11.00 AM

Day 3 : 13.00 PM

Day 4 : 15.00 PM

Day 5 : 17.00 PM

Day 6 : 19.00 PM

Day 7 : 21.00 PM





WAY #3 : REDUCING

- Reduce the number of cigarettes that you smoke slowly with the same number until zero cigarette on the day that have been planned. For instance the average cigarette consume is 28 cigar per day. And the stop smoking plan is up to 7 days. Hari 1 : 24 batang
Day 2 : 20 cigarettes
Day 3 : 16 cigarettes
Day 4 : 12 cigarettes
Day 5 : 8 cigarettes
Day 6 : 4 cigarettes
Day 7 : 0 cigarette



Nicotine withdrawal: the 4 'D's



Drink water slowly



Deep breathe.



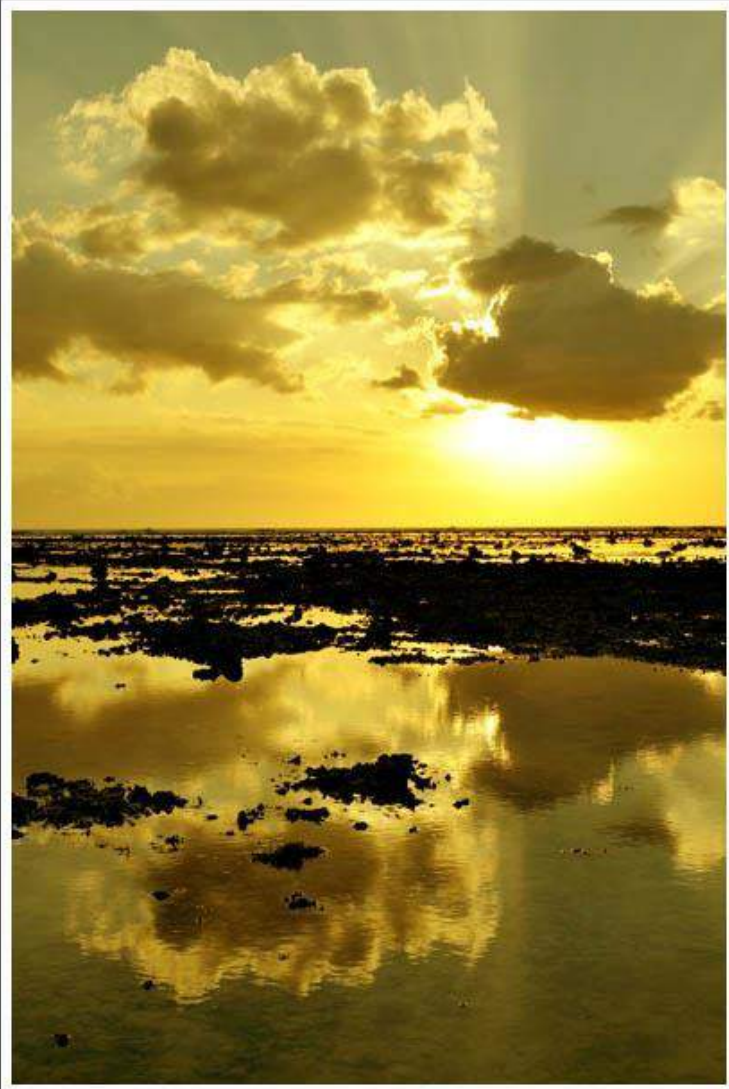
Do something else (eg exercise)

Delay acting on the urge to smoke



Behavior Modification

- Ulas kembali alasan berhenti merokok
- Identify the trigger
- Planning the strategy to overcome
- Change your habit
- Asking support (tell everyone of your condition!)
- Give self-appreciate
- Make written commitment to stop smoking



CONGRATULATIONS ON STARTING BETTER LIFE

YOU CAN!!