



## 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 carsinogenic (cause of cancer)

- Solution  $Carbon monoxide \rightarrow Car exhaust$
- $\diamond \quad Arsenic \rightarrow \qquad rat poison$
- $\diamond \quad Ammonia \rightarrow \qquad \text{toilet cleaner}$
- ightarrow Acetone → nail remover
- $\diamond$  Hydrogen cyanide  $\rightarrow$  killing gas
- ↔ Naphthalene → mothball
- Sulphur compounds  $\rightarrow$  matchstick
- Lead
- Alcohol
- Formaldehyde
- ♦ Butane → lighter fluid





## **Tubuh S**eorang Perokok

#### Merokok menyebabkan ke<mark>rusakan dan penyakit pada semua bagian tubuh</mark>

Rambut rontok		0	>Kulit keriput
Katarak	<	10°.	✓ /→ Hilangnya pendengaran
Kanker hidung		no l	✓ Kanker kulit
Karies Gigi berlubang dan I			Osteoporosis (Pengeroposan tulang)
dialami oleh hampir Kanker lidah, mu kelenjar ludah, te kerongkongan	ilut, <	- Com	Penyakit jantung Perokok berisiko mengalami mati mendadak 4 kali lipat dibandingkan bukan perokok
Kanker payudara Banyak diderita oleh	-		<ul> <li>Kanker paru</li> <li>90% pasien kanker paru adalah perokok</li> </ul>
wanita yang suamin adalah perokok	ya	and the	> Emphysema
		CHEER	Tukak lambung dan kanker lambung
			Kanker usus besar dan
Jari-jari pucat	<	2 miles	kanker anus
Kanker rahim	<		Kanker ginjal, kandung kemih, penis, pankreas
Kerusakan speri Mutu dan jumlah spe akan berkurang jika terus merokok	erma		
		317	Peradangan pada kulit yang sangat gatal
Amputasi Kaki Karena penyumbata pembuluh darah pad			
Penyakit pembu dan pembusuka		6.2	S WHO, Gene Diperbanyal
		Fak	Center for Bloethics and Medical Hum Center of Health Behavior and Pro ultas Kedokteran Universitas Gadjah I tuk informasi lebih lanjut hubungi : Phone/Fax : 0274-3

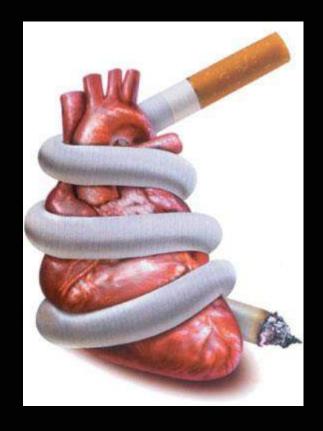




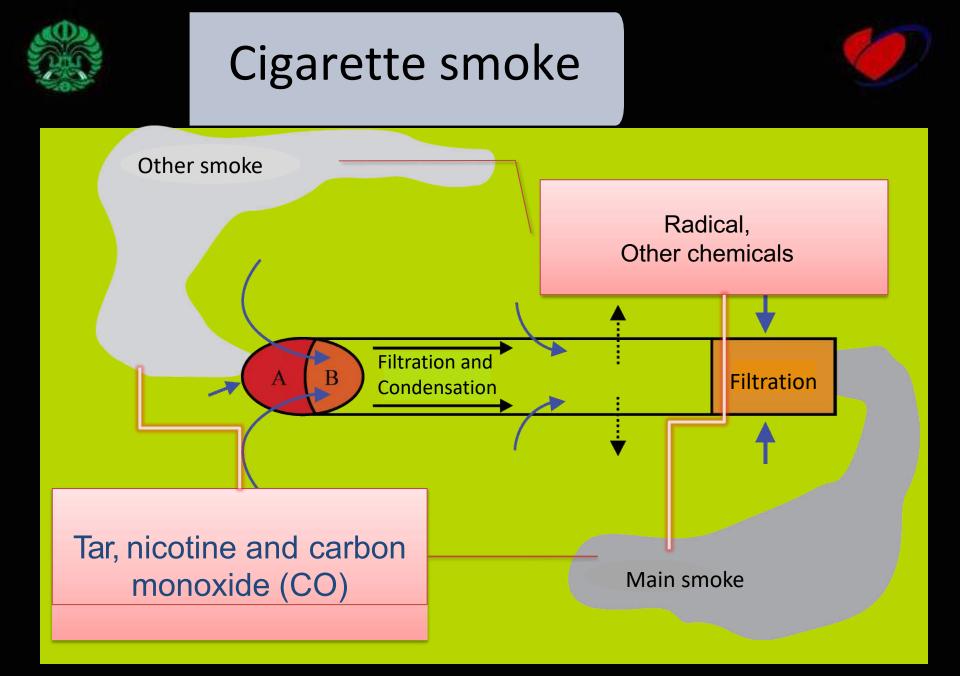
## **Cigarette and Heart**

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





2016 European Guidelines on cardiovascular disease prevention in clinical practice

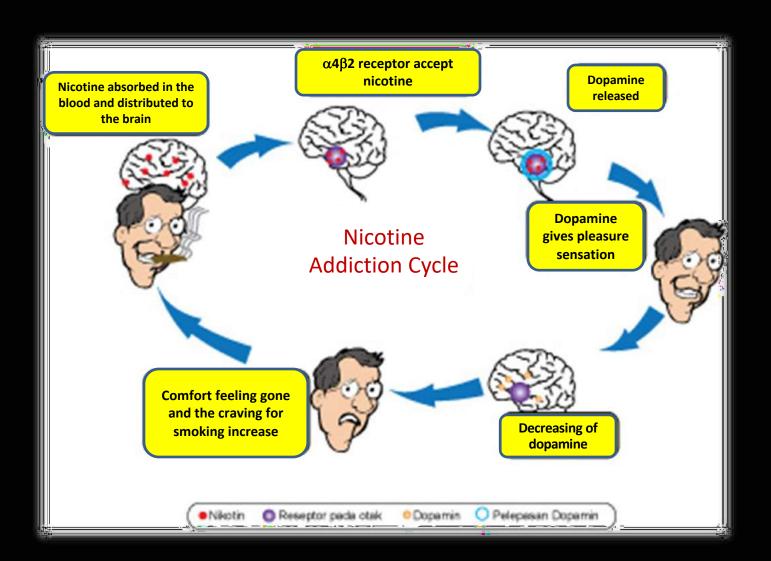


Hoffmann D, Chemichal Research in Toxicology 2001; 14: 767-90 Fowles J, The Chemical Constituents in Cigarettes and Cigarette Smoke, New Zealand; 2000.



#### What is happen when smoking?



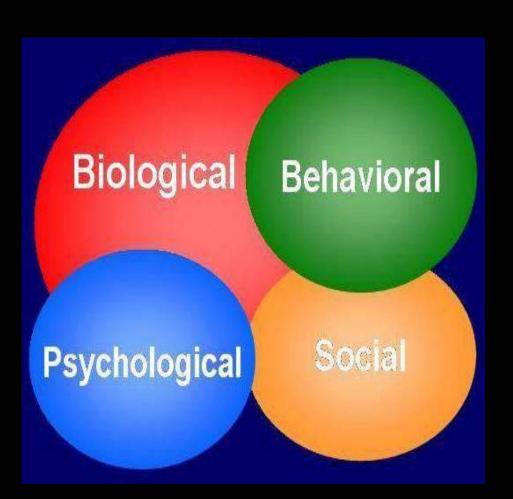


Jack EH , Pathophysiology of tobacco dependence. http://www.acnp.org/G4/GN401000167/.



#### Cigarette dependence - multidimensional



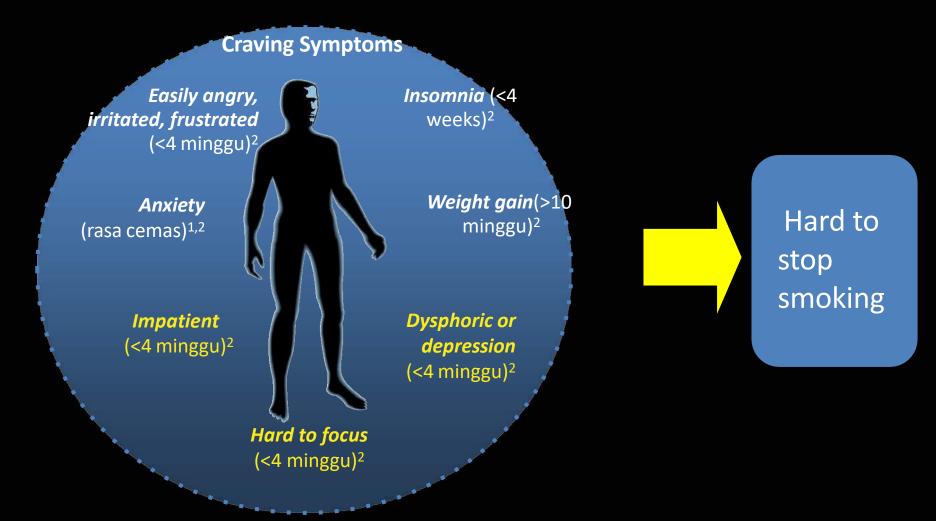


- Physiologic
  - Main caused is NICOTINE ADDICTION
  - Physiological rewards (the increasing of dopamine) and unbearable to cut the nicotine lead smoker to keep smoking
- Psychologic
  - Caused by social environment
  - Habit according to exact time (eg. After dinner)
- Social
  - Raised in active smoker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

- 1. Caggiula AR et al. Psychol Behavior. 2002;77:683–687
- 2. http://www.tobaccodependence.org/rationale
- 3. http://www.thestopsmokingguide.com/chapters/cigaretteAddiction.php

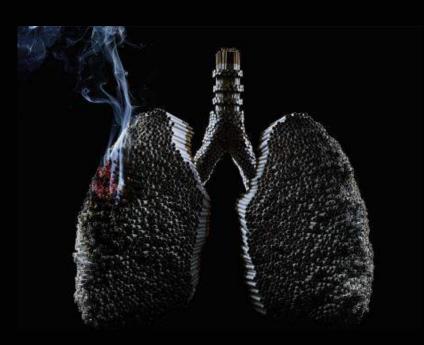


## Common Symptoms of Nicotine Withdrawal



1. *Diagnostic and Statistical Manual of Mental Disorders, IV-TR*. Washington, DC: APA; 2006: Available at <u>http://psychiatryonline.com</u>. Accessed November 7, 2006. 2. West RW, et al. Fast Facts: *Smoking Cessation*. 1st ed. Oxford, United Kingdom. Health Press Limited. 2004.





2 hari

1 minggu

2 minggu

4 minggu

Sleep disorder

Headache

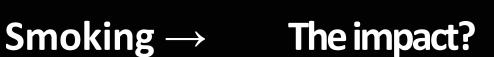
Hard to concentrate

Irritability, aggressive Depression Anxiety

**10** minggu

Increased appetite





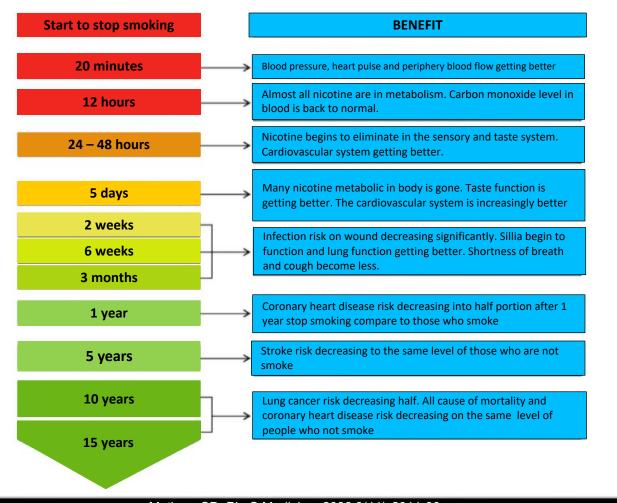


- Health impact
  - Self
  - Family and children
  - Environment





#### **Nicotine Withdrawal Benefit**



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

American Cancer Societyhttp://www.cancer.org/acs/groups/cid/documents/webcontent/002971-pdf.pdf. United States Department of Health and Human Services. <u>http://profiles.nlm.nih.gov/NN/B/B/C/T/.</u> United States Department of Health and Human Services . www.cdc.gov/tobacco/sgr/sgr 2004/sgranimation/flash/index.html.



- 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**



# **SELF MOTIVATION STOP** WITHDRAWAL AND MEDICAL **ADDICTION PATHWAY FAMILY SUPPORT**

#### SUSTAINABLE





# 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.





• 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:

WAYS 2: DELAYING

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







#### **D**rink water slowly

**D**eep breathe.



### **Do something else** (eg exercise)

**D**elay acting on the urge to smoke

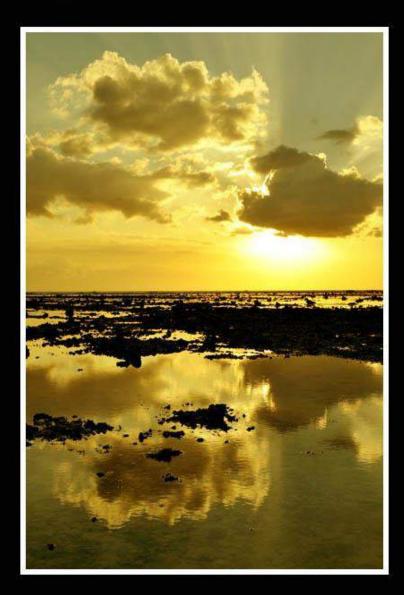




# **Behavior Modification**

- 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!!