

The cost of quitting

At \$15 to \$19 per pack of cigarettes, a pack-a-day smoker can save over \$5,000 in a year by going smoke free!

Added to the money saved by quitting, British Columbia has a Smoking Cessation Program. PharmaCare pays in one of 2 ways:

- The full cost of nicotine replacement therapy (NRT) products, such as nicotine gum, lozenges, patches, and inhalers
- Some or all of the cost of certain smoking cessation prescription drugs

To get free nicotine replacement therapy, speak to your local pharmacist.

To get prescription drugs covered, register for PharmaCare.

Toll-free 1-800-663-7100.

Help with quitting

Take advantage of the many free services that exist to help you butt out for good. Studies tell us that support and counselling along with treatment greatly increases your chances of quitting.

Free services such as QuitNow connect you to a trained Quit Coach.

Quit Coaches are sensitive to the fact that all smokers are unique. They take the time to understand your situation, personal barriers, and lifestyle in order to help you create a quit plan that is right for you.

Get connected now by phone or live chat:

1-877-455-2233

quitnow.ca/chat

To get support and more information

quitnow.ca



quitnow.ca



1-877-455-2233



Live chat online quitnow.ca/chat

Butting Out For Safer Surgery



Quitting Smoking

How you can improve your health
around the time of surgery



www.fraserhealth.ca

This information does not replace the advice given
to you by your health care provider.

Catalogue #265982 (March 2023)
To order: patienteduc@fraserhealth.ca

What are my risks from smoking?

Smoking makes a person more susceptible to chronic illnesses, such as:

- coronary artery disease
- chronic obstructive pulmonary disease (COPD)
- cardiovascular disease
- various forms of cancer

Studies have shown that some parts of cigarette smoke thicken blood, such as nicotine and carbon monoxide. This makes blood form clots too easily. Thickened blood increases the work of the heart, reduces blood's ability to carry oxygen, and greatly increases the chances of dangerous blood clots.

On top of chronic illness, smokers are more likely to have sudden medical problems, such as:

- heart attacks
- lung collapse
- pneumonia
- wound infection

Lastly, smokers die on average 10 years earlier than non-smokers. You can reclaim these years by taking the steps to quit smoking for good and recover from the effects of your smoking habit.

Quitting smoking
is the **#1** thing that you can do
to improve your health today!

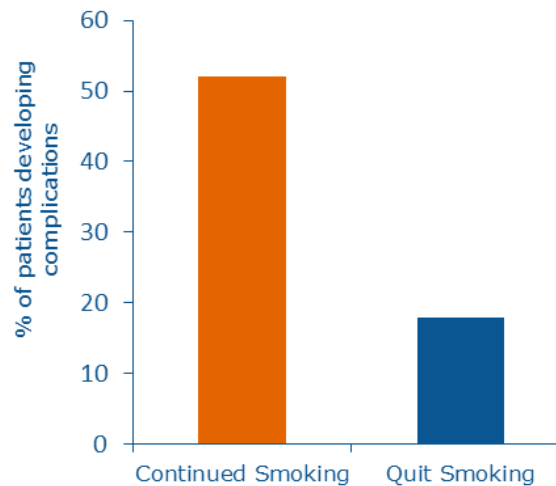
Getting ready for your surgery

All hospitals are smoke-free. While in the hospital, smoking right before or after surgery is not an option. So, why not take this opportunity to butt out for good?

Studies show that smokers who quit at least 4 weeks before surgery are significantly less likely to have problems after surgery.

If you continue to smoke right up to the time you have surgery, you are more likely to have problems (complications), such as:

- Less oxygen going to both your heart and body
- Trouble breathing during and after surgery, increasing your chances of lung problems
- Increase your risk of wound infection
- Slow healing of bones, skin, and wounds
- Reduce how well some pain and other medicines work
- Increase the chances of needing care in intensive care and life support



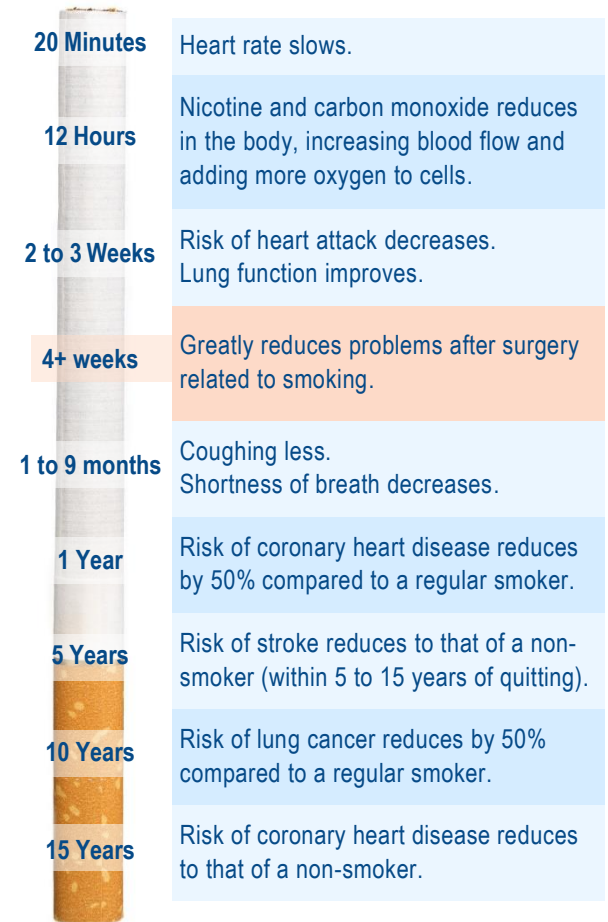
Møller et al, Lancet 359:114, 2002

Quitting today

We recommend you quit as soon as possible. The longer you go without smoking, the greater the benefits and the less chance of problems after surgery.

To reduce your chances as much as possible, **aim to quit a full month before surgery**. Even quitting just a few days before surgery still helps. Carbon monoxide is reduced in as little as 12 hours of being smoke-free. Carbon monoxide levels return to non-smoking levels within 24 to 48 hours.

Benefits of quitting over time



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