

# Fast Facts!

Welcome to Fast facts! This is a monthly updated "news letter" containing quick facts and details about smoking and quitting smoking that you may find interesting. Some are informational, some are inspirational, and all are interesting!

**Fast Fact # 1:** Stopping smoking at ANY age is good. Stopping at age 30 almost eliminates the risk of a premature death (due to smoking related issues) and giving up at 50 years can half the risk!

~ *Surpassing smoking targets*, Primary Health Care. Feb, 05.

**Fast Fact # 2:** Do you believe smoking bans will be effective? A study of teens in Massachusetts found that those from towns with stricter smoking laws were 50% less likely to start smoking than those from towns with lax rules.

~ *More Reasons to ban smoking*, New Scientist. Nov. 5, 05



**Fast Fact # 3:** The risk for relapse is at its max during the first few days of smoking abstinence. It is important to seek support and keep busy during this time period to keep your mind off of smoking. If you have utilized physician support, your doctor should arrange a follow up visit during this time period. If he or she does not, take care to do it yourself. To help you keep busy, we wanted to let you know that we have a limited number of free passes to the RDC train station. Please come and talk to us if you are interested in obtaining one!

~ *Interventions to facilitate smoking cessation*. American family physician. July, 2006.

**Fast Fact # 4:** Many individuals smoke to reduce their stress levels. Once you have decided to quit, make other activities such as yoga, massage, meditation, or support groups your way to help reduce anxiety and redirect your energy to a healthier lifestyle. Remember, there are many different ways to participate in these activities. Putting your own twist on an activity can be effective in helping you get through the cravings.

~"Not Lighting Up" A Case Study of Women Who Quit Smoking, Oncology Nursing Forum. Volume 3, 2004.

**Fast Fact # 5:** Studies have proved that the longer smoking policies are in place, the greater the impact they have on smoking behaviour. They also help workers decrease their daily cigarette use AND quit smoking! If Red Deer College is any similar to the facilities used in these studies, we should see positive effects on college student and employee smoking behaviour, sometime in the near future!  
~American Journal of Public Health, June 2005.

And for those of you who do have a few slip ups, remember...

*Great changes may not happen right away, but with effort  
even the difficult may become easy.*

*- Bill Blackman*

Check back for new fast facts next month!



Produced by Kayla Brachman, SN.