

## What about those withdrawal symptoms and what can I do about them?

Half the battle of quitting is conquering withdrawal symptoms. For the most part symptoms related to nicotine will last approximately a month. However, each person is different and the severity and length of withdrawal symptoms may vary.

Here are some common symptoms of nicotine withdrawal, approximately how long it will last, and suggestions on helping you get through...

### Irritability

- ☞ This is a result of the body craving nicotine
- ☞ Lasts approximately 2-4 weeks
- ☞ Taking walks, hot baths, doing something that is relaxing may help, i.e. listening to music, stretching, and reading.

### Fatigue

- ☞ Nicotine was a booster to your brain (it acted as a stimulant).
- ☞ Lasts approximately 2-4 weeks.
- ☞ Taking naps can help.

### Cough, dry throat, nasal drips

- ☞ This is how the body gets rid of the mucus that had built up in your airways.
- ☞ Lasts approximately a few days.
- ☞ Drinking plenty of water or juice will help (remember the 4-D Solution).

### Troubles concentrating

- ☞ This is your body adjusting to not having nicotine as a stimulant.
- ☞ Lasts approximately a few weeks.
- ☞ Trying to minimize your workload and taking breaks may help.

### Gas stomach pain, constipation

- ☞ Bowel movements slow down.
- ☞ Lasts approximately a few weeks.
- ☞ Deep breathing may be helpful, drink plenty of water, and increase the amount of fiber in your diet.

### Hunger

- ☞ Sometimes a craving for a cigarette will portray itself as hunger. Your mouth is use to doing a lot of work and now it is not.
- ☞ Lasts approximately 2-4 weeks.
- ☞ Drink water and substitute the cravings for healthy snacks, i.e. Low calorie foods, such as veggies, fruit, and rice cakes.

### Craving a cigarette

- ☞ This is your body's response to less nicotine circulating.
- ☞ Occurs most often in the first few days; can last for months or years.
- ☞ Delay; the cravings tend to last for a few minutes. Switch activities or use a nicotine replacement therapy product such as gum.

Remember we are here to offer assistance on your journey to becoming smoke free. There is NICORETTE GUM and other resources available in the Tobacco Reduction office, 2309 A. If you require other nicotine replacement which requires a prescription please make an appointment to see our Dr. at the Health, Safety and Wellness Centre room 901 or call 403.342.3427.

Information was obtained from The Canadian Lung Association 2007  
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