



for smokers
who want
to quit

One
Step
at a
Time

Canadian
Cancer
Society



Société
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du cancer

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Canadian Cancer Society's Cancer Information Service at 1-888-939-3333
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Easy to Read
Edition

So if you suddenly stop, or cut down a lot

- You will notice that you feel different.
- Your brain and body will need a few days to get used to the change.
- This is called **withdrawal**.

The power of nicotine comes from the small doses you give yourself over and over when you smoke:

1 cigarette = 15 puffs
 20 cigarettes a day = 300 drug doses a day
That's 109,500 doses a year!

That can be a powerful habit. You must be ready to break it!

Not all smokers are the same. Some are more hooked than others. Some have to deal with more withdrawal. Try the next activity to see how addicted you are.

Activity 2: Just how hooked am I?

Answer yes or no to these questions:

	Yes	No
1. On average, I smoke more than 10 cigarettes each day.	<input type="checkbox"/>	<input type="checkbox"/>
2. I usually smoke in the first 30 minutes after waking up in the morning.	<input type="checkbox"/>	<input type="checkbox"/>
3. I find it hard to go for more than 4 hours without smoking.	<input type="checkbox"/>	<input type="checkbox"/>
4. When I try to quit or cut back, I:		
• am irritable	<input type="checkbox"/>	<input type="checkbox"/>
• find it hard to focus	<input type="checkbox"/>	<input type="checkbox"/>
• have trouble sleeping	<input type="checkbox"/>	<input type="checkbox"/>
• get dizzy	<input type="checkbox"/>	<input type="checkbox"/>
• get upset easily	<input type="checkbox"/>	<input type="checkbox"/>
• want to eat more than usual.	<input type="checkbox"/>	<input type="checkbox"/>

Now, read your results →