

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

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Mount Royal College has its very own Tobacco Reduction Educator. Shermin Murji came on board in September to raise tobacco awareness, provide cessation information and supply resources for students and employees trying to quit. Shermin offers her knowledge and expertise at no charge to faculty, staff and students.

Some commonly used methods for quitting smoking she recommends are:

- * **nicotine replacement therapy** (i.e. the patch, gum)
- * **group therapy** (i.e. Nicotine Anonymous)
- * **online support** (i.e. www.albertaquits.ca)
- * **telephone counseling**
(i.e. Smokers Helpline 1.866.33.AADAC)

For more information, contact Shermin by e-mail at sjmurji@mtroyal.ca or call 440.5619.

When quitting, nicotine replacement therapy can increase your success rate by 1.5 to 2 times

Did you know?

(Source: Action for Smoking and Health)

- * Each cigarette you smoke decreases your life by 11 minutes.
- * Less than 25 per cent of Canadians smoke and 80 per cent of those say they would like to quit.
- * The easiest way to quit is to never start. 94-97 per cent of those who have a few cigarettes get hooked.
- * Recent research has shown the same cancer causing chemicals found in cigarettes are in other forms of tobacco, such as shisha, cigars, chewing tobacco and pipes.
- * The American Heart Association says that the tobacco industry tries to recruit 5,000 replacement smokers each day.

What are the benefits to quitting tobacco use?

(Source: Health Canada)

as soon as you quit:

- after 20 minutes - your blood pressure drops to pre-cigarette level
- after 24 hours - your chance of having a heart attack reduces
- after 48 hours - nerve endings start re-growing. Your ability to taste and smell is enhanced
- after 72 hours - lung capacity increases
- after 3 months - walking becomes easier and lung function increases
- after 1 year - coughing, fatigue and shortness of breath decrease. The body's overall energy increases
- after 15 years - your risk of heart attack drops almost to the level of a person who has never smoked



thank
you

On July 1, 2006, Mount Royal became a smoke-free environment when the new Tobacco Use policy was enacted. It was created to limit your exposure to second-hand smoke and to promote a healthy, safe and clean environment. So far, there has been incredible cooperation and compliance with this policy. Thank you for your support and continuing to reinforce why Mount Royal is a great community.