

# STOP SMOKING CHRONIC KIDNEY DISEASE



## STOP SMOKING

Smoking is well demonstrated to be an unhealthy habit. The most common method of smoking today is through cigarettes. Other smoking methods include pipes and cigars. Smoking is the single largest cause of avoidable death in the European Union, accounting for about 650,000 deaths each year. Furthermore, statistics also reveal that 13 million Europeans suffer from tobacco-related chronic diseases. Health authorities in most developed and developing countries are implementing measures and strategies to help people quit smoking.



## WHAT ARE THE HEALTH RISKS IF YOU SMOKE?

### CANCER RISK

Smoking causes about 90% of lung cancers. It also causes cancer in other parts of the body, such as the:

- Mouth & lips
- Throat, voice box (larynx)
- Oesophagus (the tube between your mouth and stomach) & stomach
- Liver & pancreas
- Bladder & kidney

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### CARDIOVASCULAR DISEASE

Smoking damages your heart and your blood vessels, increasing the risk of:

- Chest pain due to coronary heart disease
- Heart attack
- Stroke (damaged blood vessels in the brain)
- Peripheral vascular disease (damaged blood vessels, e.g. in legs).

### RESPIRATORY COMPLICATIONS

Smoking damages your lungs, causing conditions such as:

- Bronchitis (infection of the basic airways of the lungs)
- Emphysema (damage to the small airways of the lungs)
- Pneumonia (infection in the lungs)
- Asthma
- More vulnerable to catch common cold.

### SEXUAL PROBLEMS

Also smoking can cause erectile dysfunction in men and affect fertility in both men and women, making it difficult for people who smoke to have children.

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### WHAT IS SECONDHAND SMOKE?

It is the smoke that a smoker breathes out and the smoke that comes directly from the burning tobacco. It can also cause health problems when breathed in by other people.

### SMOKING DURING PREGNANCY

Smoking during pregnancy increases the risk of complications, such as:

- Miscarriage
- Premature (early) birth
- Low-birth weight baby

Children are particularly affected by secondhand smoke.

For example, children under five have an increased risk of chest infections, and babies are at greater risk of sudden infant death syndrome (SIDS) or cot death.

### WHY YOU SHOULD STOP SMOKING?

As high blood pressure, diabetes and cardiovascular disease are closely related, smoking adds a further risk of developing cardiovascular complications.

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### WHAT HAPPENS IF YOU STOP SMOKING?

You will feel the benefits of quitting smoking as your body repairs itself. How quickly you notice the benefits will depend on the numbers of cigarettes you are smoking currently.

### SOME EXAMPLES OF THE STOP SMOKING EFFECTS, ACCORDING TO THE RESULTS OF RESEARCH:

- After 20 minutes your blood pressure and pulse will return to normal
- After 24 hours your lungs will start to clear
- After 2 days your body will be nicotine-free and your sense of taste and smell will improve
- After 3 days you will be able to breathe more easily and your energy will increase
- After 2 to 12 weeks your blood circulation will improve
- After 3 to 9 months coughs, wheezing and breathing will improve
- Within 1-2 year your heart attack risk will be half that of a smoker
- After 10 years your lung cancer risk will be half that of a smoker.

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Smoking can increase your risk of having high blood pressure and worsening your blood circulation, causing more damage to your kidneys. Therefore, stopping smoking will help to reduce these risks.

Source:

<http://www.nhs.uk/Livewell/smoking/Pages/Betterlives.aspx>

### HOW CAN YOU STOP SMOKING?

**Make the decision to quit** - the real commitment must come from you.

**Pick a 'Quit Day' and make a plan**- once you decide to stop smoking set a 'quit day' within the next days. Not too far away so you can make a strong personal commitment to it. Tell your friends and family about your decision.

**Deal with withdrawal** – withdrawal from nicotine has 2 impacts: physical and mental. Nicotine replacement and other medicines can help reduce many of the physical symptoms. Most smokers find that the mental part of quitting is the bigger challenge. If you have been smoking for a long time, smoking is then linked with several of your activities.

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For example: waking up in the morning, after meals and drinking coffee. It will take time to 'un-link' smoking from these activities. This is why, even if you are using a nicotine replacement, you may still have strong urges to smoke. A frequent method people use to give in to these urges is to rationalise. Rationalisation is using a defensive thought that seems to make sense to you at the time, but the thought is not based on reality.

For example:

- "Today is not a good day. I'll quit tomorrow" or
- "Air pollution is probably just as bad".

Therefore, bear in mind that this method only serves to conceal and delay motivation.

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### HOW TO STAY TOBACCO-FREE?

- Avoid temptation: stay away from people and places that tempt you to smoke.
- Delay temptation: if you feel that you are about to light up, hold off. Tell yourself you must wait at least 10 minutes.
- Change your habits: choose juices or water instead of alcohol or coffee and eat foods that don't make you want to smoke.
- Choose other things for your mouth: use substitutes you can put in your mouth such as sugarless gum or hard candy.
- Get active with your hands: do something to reduce your stress. Exercise or do something that keeps your hands busy, take a hot bath, go for a walk, or read a book.
- Reward yourself: quitting smoking is not easy, so you deserve a reward. You will be amazed by the amount of money you would save from not having to spend on tobacco. Then you could buy something for yourself, go on holiday or start a new hobby.

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### WHERE CAN YOU GET MORE INFORMATION?

It is important that you receive up to date information on the smoking habit risks and on how to quit smoking. Many health care

organizations offer information, counselling, and other services to help you quit, as well as information on where to go for help. Other good resources to ask for help may include your family doctor or your local hospital.

Some reliable websites:

- <http://www.quit.org.uk/>
- <http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx>
- <http://ukhealthcare.uky.edu/uploadedFiles/UKHCSecondhand-Smoke-Broch.pdf>
- <http://www.european-lung-foundation.org/4922-quitsmoking-links.htm>
- <http://www.cancer.org/healthy/stayawayfromtobacco/guidet quitting smoking/index>
- <http://www.rd.com/health/wellness/25-ways-to-stopsmoking-cigarettes/>

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### KEY POINTS TO REMEMBER

- Smoking causes a number of serious health problems
- Ask for professional advice and assistance to help you to stop smoking
- Make a decision with strong commitment to quit smoking.

The Patient Education Document is sponsored by B. Braun Avitum AG.

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