

ssmc

مدينة الشيخ شخبوط الطبية
Sheikh Shakhbout Medical City

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Please contact us:

- to cancel or reschedule your procedure
- for pre-procedure prep or medication questions

800 SSMC | ssmc.ae
7 7 6 2



Why quit smoking?



Smoking can cause lung cancer, but it can also cause many other cancers and illnesses. Cigarettes contain more than 4000 chemical compounds and at least 400 toxic substances.

Major diseases caused by smoking:

Cardiovascular disease is the main cause of death due to smoking. Smoking accelerates the hardening and narrowing process in your arteries.

Lung cancer and Chronic obstructive pulmonary disease (COPD) is a collective term for a group of conditions that block airflow and make breathing more difficult, such as: emphysema, chronic bronchitis and pneumonia.

Other risks caused by smoking:

- Smoking raises blood pressure, which can cause heart attacks and stroke.
- Couples who smoke are more likely to have fertility problems.
- Smoking worsens asthma and counteracts asthma medication by worsening the inflammation of the airways that the medicine tries to ease.
- The blood vessels in the eye are sensitive and can be easily damaged by smoke. Smokers run an increased risk of cataracts.
- Smoking increases your risk of mouth disease and contributes to the development of ulcers.

- Babies born to mothers who smoke during pregnancy are twice as likely to be born prematurely and with a low birth weight. Infants under two years of age are more prone to severe respiratory infections.
- Children, who grow up in a home where one or both of their parents smoke, have twice the risk of getting asthma, asthmatic bronchitis and developing allergies.

Tips for quitting?

- **Get ready:** Set a date to quit smoking, get rid of all cigarettes and lighters, avoid situations where the urge to smoke is strong, and don't let people smoke in your home or car.
- **Medicines can help:** Several drugs can significantly increase the chances of successful quitting. If you are interested in trying, contact your family physician.
- **Use diversion techniques:** Chew some gum, brush your teeth, call a friend, eat something e.g. carrot sticks or lollipops, take a shower, do a crossword, occupy your hands by doodling, knitting or completing a pocket puzzle.
- **Focus on the positive:** Focus on what you gain from giving up smoking, rather than the things you miss.
- **Try to get support from others:** Giving up smoking with others, or having the support of family and friends, can make a big difference to your motivation levels and determination to stick at your quit.
- **Visualize the end:** Try this to help your motivation. Visualization techniques are mind exercises to achieve a particular goal, and are similar to those employed in yoga and meditation.
- **Be prepared for withdrawal:** Don't give up if you "slip", set a new date to get back on track. Quitting is difficult but keep a positive attitude to remind yourself why you want to quit.