

## SAFETY TALK



### SMOKING CESSATION & TOBACCO USE

#### PEI SMOKING CESSATION PROGRAM

The PEI Smoking Cessation Program helps PEI residents who wish to stop smoking or using other tobacco products by: covering 100% of the cost of nicotine replacement therapy (NRT) products (i.e., nicotine gum, lozenges, patches, and inhaler) and specific

**WebMD**

### YOUR BODY AFTER YOU STOP SMOKING

- AFTER 20 MINUTES:**
  - Blood pressure goes down.
  - Heart rate goes down.
  - Hands and feet get warmer.
- AFTER 24 HOURS:**
  - Heart attack risk is lower.
- AFTER 72 HOURS:**
  - Bronchial tubes start to relax.
  - Easier to breathe.
- AFTER 1 YEAR:**
  - Heart disease risk is cut in half.
- AFTER 10 YEARS:**
  - Lung cancer risk is cut in half.
- AFTER 8 HOURS:**
  - Blood carbon monoxide levels return to normal.
  - Blood oxygen levels go up.
- AFTER 48 HOURS:**
  - Body becomes free of nicotine.
  - Nerve endings adjust to missing nicotine.
  - Sense of taste and smell start to improve.
- AFTER 2 -13 WEEKS:**
  - Blood circulates better.
  - Exercise is easier.
- AFTER 5 YEARS:**
  - Cervical cancer risk same as nonsmoker.
  - Stroke risk same as nonsmoker.
  - Cancer risk of the mouth, throat, esophagus, and bladder is cut in half.

Sources: American Cancer Society, CDC, Indian Journal of Psychiatry, Smokefree NHS.

#### GETTING STARTED

- \* Make an appointment with a nurse at your nearest Primary Care Network office to discuss your readiness to quit smoking.
- \* At your appointment, a nurse will go over the program intake form with you. The intake lays out a Cessation Action Plan, which describes the recommended treatment to help you quit.
- \* You will take the Cessation Action Plan (and a prescription if required) to your local pharmacy to pick up your products.

*\*For more information and resources please visit the Helpful Links\**

#### HELPFUL LINKS

**Smoking Cessation - Government of Prince Edward Island:**

[https://www.princeedwardisland.ca/sites/default/files/publications/livewell\\_smokingcessation\\_booklet\\_final\\_eng.pdf](https://www.princeedwardisland.ca/sites/default/files/publications/livewell_smokingcessation_booklet_final_eng.pdf)

<https://www.princeedwardisland.ca/en/information/health-and-wellness/smoking-cessation>

**Smoker's Helpline:** Call 1-877-513-5333 or visit [smokershelpline.ca](http://smokershelpline.ca)

*Safety is everyone's responsibility!*

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

## DISCUSSION QUESTIONS:

Do I have to pay to use the PEI smoking cessation program?

Are there health benefits to quitting smoking? Are they immediate?

What resources are available to quit smoking?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>