

# Healthwise SVUH

Issue 61 Summer 2010

## Smoking myths: Clearing up the air by Greg Conlon, Health Promotion Officer.

### 'It's too late to give up now, the damage is done'.

Whether you have been smoking for a day or 40 years, the health benefits of quitting are undisputed. →

### 'I'm too stressed to quit'.

Smoking puts your body under physical stress which can affect your mood. No wonder your stressed!

### 'My father/mother smoked and lived till they were 90'.

Families of the 7000 people in Ireland who died in 2009 from a smoking related illness may tell you otherwise. The person that lives until aged 90 is a rare exception.

### 'I've changed from 20 cigarettes to only 5 cigars'.

A standard cigar contains up to 4 times more nicotine, 10 times more tar and 60 times more carbon monoxide than an average cigarette.

### 'I only smoke at the weekends'.

Who is the smoker? The person who smokes 20 on a Friday night or the person smoking 1 cigarette a day? If you smoke.. you are a smoker.

### 'I'm giving up for my kids'.

Give up for your health first. This then sets an example for children. Children whose parents smoke are more likely to smoke themselves.

### 'I've cut down from 20 to 2 cigarettes'.

As cigarette consumption is reduced, the dependency for the remaining cigarettes increases. It only takes one puff of a cigarette to ignite the addiction centre in the brain again.

### 'I'm concerned about using Nicotine Replacement Therapy (NRT). Am I just replacing one thing with another?'

NRT contains nicotine only. It does not contain tar (which causes cancer) and has none of the 4000+ chemicals in cigarettes. NRT is one of the safest medications available having years of population use with few disadvantages.

### 'I tried Nicotine Replacement Therapy many times and it didn't work/ I still have cravings despite using NRT'.

Some of the mistakes people make in relation to NRT include incorrect use of the product, not using the product for the recommended time (12 weeks) and not using enough. In fact, not using enough NRT is one of the main reasons people experience the withdrawals associated with smoking. Remember NRT is not a magic cure to make you stop smoking. It is designed to relieve a smokers cravings and ease discomfort. Determination is required. Good luck!

## Benefits of quitting

### 20 MINUTES

Your blood pressure and pulse return to normal. Circulation improves – especially in hands and feet.

### 8 HOURS

Your blood oxygen levels return to normal and your chance of having a heart attack falls.

### 24 HOURS

Carbon monoxide leaves your body. Your lungs start to clear out mucus and debris.

### 48 HOURS

Congratulations. Your body is now nicotine free. And have you noticed how your sense of taste and smell have improved?

### 72 HOURS

Your breathing is easier. You have more energy.

### 2-12 WEEKS

Circulation is now improved throughout your body. It's easier for you to walk and exercise now.

### 3-9 MONTHS

Your lung efficiency is up by 5-10 per cent. Breathing problems are fading away. Say goodbye to coughing, shortness of breath and wheezing.

### 5 YEARS

You now have only half the chance of getting a heart attack compared to a smoker.

### 10 YEARS

The chance of you getting lung cancer is now half that of a smoker. Your chances of having a heart attack are now the same as someone who's never smoked.

WOULD YOU LIKE TO CONTRIBUTE TO A FUTURE EDITION TO HEALTHWISE?  
Contributions can be sent to Greg Conlon, Preventive Medicine: [g.conlon@svuh.ie](mailto:g.conlon@svuh.ie)

Don't let the worry of putting on a few pounds stop you giving up cigarettes!



The health risk of a little weight gain is nothing compared to just how damaging smoking is for your health. The average person puts on around 6 to 8 pounds when they quit smoking. Some people may put on more. **But you would have to gain almost 100 pounds to put the same pressure on your heart that smoking causes.**

Another important fact is that most people return to their normal (pre-smoking) weight after just one year. One reason for a little weight gain after stopping smoking is that nicotine boosts metabolic rate. But that's not the main reason. For seven out of ten people who put on weight after quitting, the reason is simply that they eat more calories. This is because nicotine suppresses appetite and thus when you quit smoking your appetite will naturally increase. Feelings of hunger are common; but these will go away in time.

**If you feel a 'snack attack' approaching try to choose from the following low fat/low calorie options:**

- Fresh/dried fruit/ plain popcorn/ diet yoghurt.
- Chopped carrots/peppers/celery with salsa dip.
- Diluted fruit juice – try it with some sparkling water to add a little fizz!
- Small bowl high fibre cereal/ porridge with low fat/skim milk.
- Whole meal scone/ 1-2 oat biscuits/crackers.



**Eating as little as 100 calories extra every day means you gain one pound of fat weight in a month. That's almost a stone in a year. Here are a few ideas on how to cut out 100 calories:**

- Use homemade salsa or a little guacamole on sandwiches instead of butter/mayonnaise.
- If using butter/margarine/mayonnaise, use low fat and spread thinly.

- Switch from full fat to low fat or skimmed milk (do the same with cheese/ yoghurt).
- Switch all your salad dressings to low.
- Cut sugar out from tea/coffee.
- Make your own smoothies with fruit and low fat milk/low fat frozen yogurt instead of milkshakes.
- Switch to sugar free gum instead of regular.
- Eat one less scoop of potatoes at dinner.
- If you're out to dinner avoid the bread basket.
- Eat plain yoghurt instead of custard style.
- Eat leaner cuts of meat, for example chicken breast instead of thigh/leg meat.
- Grill, bake, steam or boil food instead of frying.
- Chose tuna tinned in brine or fresh water instead of oil packed.

**Another way to cut down on 100 calories is to take more exercise. Here are a few ways to burn it off (based on a 11.5 stone adult):**

- Cycling at 10mph for 15 minutes.
- Golfing for 10 minutes.
- Ironing for 40 minutes.
- Washing the floor for 15 minutes.
- Slow walking for 20 minutes.
- Moderate pace walking for 15 minutes.



**5 things you can do to stop weight gain while you focus on giving up cigarettes:**

1. Have very regular smaller meals and snacks.
2. Start some regular exercise – make it fun and something you enjoy.
3. Keep a food diary to monitor what you eat.
4. Always have loads of healthy foods such as fruit around if you feel the urge to snack.
5. Use low calories desserts such as yoghurts, fruit, plain biscuits to fight that 'unfinished feeling' you may get after a meal.

## Tobacco Free United Charter for Health Professionals

Tobacco Free United (TFU) is a collaborative taskforce initiated by Health Promoting Hospitals (HPH) network and the European Network for Smoke Free Health Services (ENSH). The main goal of TFU is to promote and strengthen collaboration between the HPH and ENSH and other active partners in the field of tobacco prevention, training and cessation within hospitals, the health services and communities.

The TFU Charter is a global initiative to mobilise all health personnel in the struggle to reduce prevalence of tobacco use. Health personnel are asked to show their personal commitment to helping reduce smoking prevalence by signing the below charter. Professor Brendan Drumm has set the target of achieving 10,000 signatures before the 31st May 2010.

Please read the charter below and sign your name if you wish to show your commitment. Cut out this page and send in the internal post to Smoking Advice Service, Department of Preventive Medicine & Health Promotion.

Thank you very much for your support.

**HPH & ENSH Collaborative Taskforce on Tobacco  
Tobacco Free United – (TFU)**



### TFU CHARTER for HEALTH PERSONNEL

**As Health Personnel (Doctor, Nurse or other):**

- 1. I am conscious of the harmful effects of tobacco**
  - to each smoker / tobacco user
  - to each person who lives with a smoker
  - to society
- 2. I know that** exposure to environmental tobacco smoke also called “second hand smoke” and “passive smoking” is a widespread source of morbidity and mortality that imposes a significant cost on society.
- 3. I am conscious that tobacco is a drug that causes psychological and pharmacological dependence**
- 4. I am ready to motivate tobacco user to quit**
- 5. I am willing to discourage tobacco use of any kind:**
  - by presenting myself as a good role model by not smoking or using tobacco
  - by promoting the designation and maintenance of healthcare service as tobacco free
  - by developing skills to clarify tobacco addiction and motivate tobacco users and relatives to quit
  - by promoting tobacco cessation in my social life
- 6. I realise that I have a great responsibility, not only towards patients but also to colleagues and to the general public and, in particular, towards the young generations**

*I incite managers to approve and take appropriate preventive measures*

**We –as Health Personnel (Doctors, Nurses and other) - join our efforts and strength to reduce Tobacco consumption in the knowledge that it is the single most important voluntary risk factor and the cause of many early deaths in our communities.**

Name & Surname.....

Profession .....Hospital/Service.....

City.....Country.....

Date \_\_\_/\_\_\_/\_\_\_\_\_ Signature.....

I give permission to publish my name in the Charter Register on paper & web (please tick):

This Charter is based on the TFU Pact on Tobacco for Hospitals and Health Services and can be found online <http://www.ensh.eu/ensh/racine/default.asp?id=980>

## SVUH receives Gold Level Nomination from the European Network of Smoke-free Health Services.

St. Vincent's University Hospital shared a platform with some of Europe's first healthcare organisations to implement a smoke-free campus policy at the annual International Conference on Health Promoting Hospitals (HPH) and Health Services, which was held in Manchester in April 2010.

Ms. Irene Gilroy and Dr. Kirsten Doherty presented the work carried out by SVUH on implementing the European Network of Smoke Free Health Services (ENSH) standards at a pre-conference meeting on Tobacco Free Health Services.

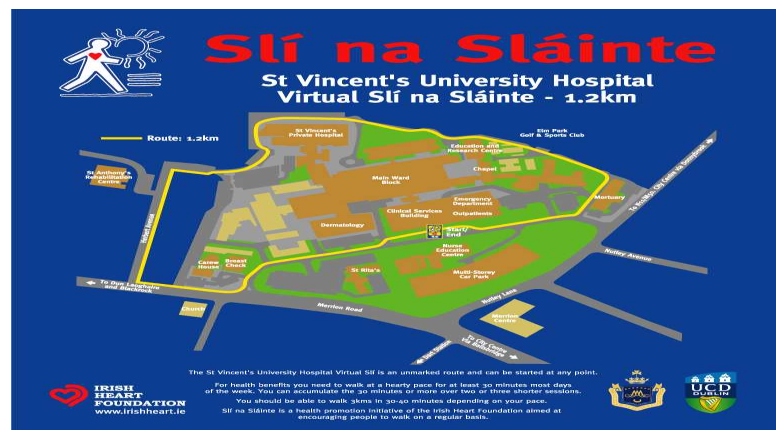
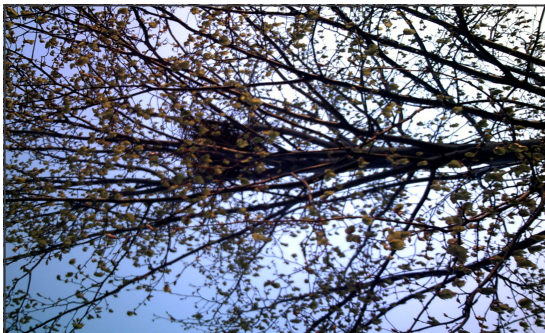
SVUH was one of just three healthcare organisations in Europe who were nominated for the Gold Level Award. We were highly commended for our work in this area. It was recognised by the Jury that SVUH have implemented the ENSH standards to a very high level and thus we received a Gold Level Nomination Certificate. No general acute hospital has been awarded the Gold Level Award by the ENSH Jury as yet. We have been invited to submit our application again for the Gold Level Award at the next meeting of the Jury which will take place in 2012.

An evaluation of the smoke-free policy, one year post introduction, has been carried out. All inpatients in the hospital were surveyed across one day and a quota sample of staff, randomly selected, was surveyed. Initial analysis of data shows that support for the policy among patients and staff has greatly increased since the last survey and smoking rates have reduced in both groups. More findings will follow in the September issue of Healthwise.

We would like to thank all staff and patients who were involved in this survey. Your participation is greatly appreciated.

## New residents at SVUH!

The building works at SVPH and our new ward block were no deterrent for the family of birds nesting in the trees. Summer is in the air!



## Slí na Sláinte

Unwind by walking around the hospital on your break!

## SMOKING SUPPORTS AVAILABLE AT SVUH

- Free Nicotine Replacement Therapy for all hospital staff and hospital inpatients.
- 6 week stop smoking course held on Tuesday evenings in the ERC (6.45-8.15pm, next course Sept 7th).
- Consultation with a Health Promotion Officer at SVUH.
- Contact the Preventive Medicine Department: **phone** 221 4958/ **bleep** 508/ **email:** [smokingservice@svuh.ie](mailto:smokingservice@svuh.ie).

## World No Tobacco Day May 31st

**Theme: Gender and tobacco with an emphasis on marketing to women**

World No Tobacco Day 2010 will be designed to draw particular attention to the harmful effects of tobacco marketing towards women and girls. It will also highlight the need for the nearly 170 Parties to the WHO Framework Convention on Tobacco Control to ban all tobacco advertising, promotion and sponsorship in accordance with their constitutions or constitutional principles. Although the World No Tobacco Day 2010 campaign will focus on tobacco marketing to women, it will also take into account the need to protect boys and men from tobacco companies' tactics. Tobacco use could kill one billion people during this century. Recognising the importance of reducing tobacco use among women, and acting upon that recognition, would save many lives.

