



Quitting tobacco - Why do you need it?

Do you want to make common cold an opportunity to quit smoking? Because smoking, both active as well as passive, delays your recovery. And makes you prone towards other flu infections. Tobacco smoke contains more than 4800 different substances, many of which are poisonous and cause cancer. When you inhale smoke, these poisonous substances reach your lungs and are distributed all over the body. Consequence: Almost every human organ is damaged by smoking. Tobacco consumption not only increases the risk of respiratory tract infections and heart circulation diseases or cancer. Even oral health, for example, is at risk due to poisonous mixture in the tobacco smoke. Women who continue to smoke after menopause, frequently suffer from osteoporosis, potency of men is affected by smoking.

The nicotine released by smoking breaks down the blood- brain barrier and intervenes in the metabolic process of the brain. A physical dependency on smoking can develop within a short period of time. A psychological dependency develops through the various functions, which the cigarette takes over in the life of the smoker. It thus acts as an opportunity for taking a break in stressful situations and enables easier social contact with other people.

Result: Quitting smoking has a positive effect on the health, psyche, finances and appearance.

Quitting tobacco - How can this be done?

People, who want to quit smoking, have various counseling services and cessation aids available to them. A large part of the offers are oriented to the concept of cognitive behavioral therapy - a method whose effectiveness could be proved by many scientific studies.

Quit smoking offers in your vicinity on site
www.anbieter-raucherberatung.de
For further information see www.rauchfrei-info.de

Source: Federal Centre for Health Education (BZgA)

Four Tips

Postponement

Take a deep breath, for example, for ten times.

Escaping

Avoid critical situations such as smoking breaks.
If the situation is very stressful, then the third tip helps...

Distancing

Distance yourself from the smokers' group till you feel better again.

Distraction

Replace smoking with other activities that make you happy.