

14 Smoking

Time Taken:
20 Minutes 

Objectives

This section will introduce participants to the topic of Smoking.



Step 1

What is Smoking

Tell participants that today's topic is smoking.

- ☁ Smoking is the breathing in of tobacco into the lungs.
- ☁ People may smoke cigarettes, rolling tobacco, pipes or cigars.
- ☁ Passive smoking and vaping are other things we will discuss in this workshop.
- ☁ **Smoking** is the use of cigarettes, pipes or cigars in which tobacco is burned, producing smoke which is inhaled into the lungs, taken into the bloodstream, then quickly transported around the body.





- ☛ **Passive smoking** happens when people who are not smoking themselves are close to smokers and are exposed to tobacco smoke (known as second-hand smoke). Passive smoking causes an increased risk of smoking-related diseases.



- ☛ **Vaping** is the use of electronic cigarettes (e-cigarettes). These are cigarette-shaped vaporizers which use batteries to heat a mixture containing nicotine, water and chemicals. Vaping allows users to inhale the nicotine-containing gas without producing smoke.

Step 2

Dangers of Smoking

- ☛ Tobacco contains many chemicals that are harmful to our bodies.
- ☛ Smoking increases our risk of getting more than 50 different health conditions.
- ☛ Smoking is one of the biggest causes of death and illness in the UK and Ireland.

Some illnesses you can get from smoking:

- ☛ Cancer.
- ☛ Heart disease.
- ☛ Mouth, throat, stomach and bowel problems.
- ☛ Breathing problems.



CANCER



Addiction

- ☛ If you are a smoker, the nicotine in cigarettes makes you feel better. You want another cigarette to keep feeling better.
- ☛ Always wanting another cigarette is known as an addiction.
- ☛ When you stop smoking, you might experience withdrawal symptoms. Talk to your GP or Pharmacist for information on ways to make you feel better.



How do I quit smoking?

There are a number of ways you can quit smoking:

1. Quit abruptly.
2. Join a support group.
3. Talk to your GP about using medication or Nicotine Replacement Therapy (NRT).

Step 3

The Benefits of Quitting

Ask participants what they think some of the benefits of quitting smoking would be.

- ☁ Become a role model for friends and family.
- ☁ Have nicer smelling clothes and hair.
- ☁ Be more social- don't have to leave to smoke outside/away from friends and family.
- ☁ Save money that was spent on tobacco products.
- ☁ Become healthier, reduce the risk of chronic diseases.
- ☁ Not risk other people around you becoming ill.
- ☁ Have better skin, hair and teeth.
- ☁ Sense of taste and smell will improve.
- ☁ Feel better, sleep better and improved mood.
- ☁ Improved fitness and sports performance.



Step 4

A Timeline of Quitting

- ☁ **After 20 minutes:** your blood pressure and pulse rate return to normal. Circulation improves in hands and feet.
- ☁ **After 8 hours:** oxygen levels in the blood return to normal and your chance of heart attack starts to fall.
- ☁ **After 24 hours:** poisonous carbon monoxide gas is eliminated from the body. The lungs start to clear out mucous and other debris.
- ☁ **After 48 hours:** nicotine is no longer detectable in the body. Taste and smell improve.



- ☛ **After 72 hours:** breathing becomes easier as the bronchial tubes relax and energy levels increase.
- ☛ **After 2 weeks:** circulation improves, making walking and exercise easier.
- ☛ **After 3 to 9 months:** coughing, shortness of breath and wheezing are reduced dramatically.
- ☛ **After 5 years:** risk of heart attack falls to that of a non-smoker.
- ☛ **After 10 years:** risk of lung cancer falls to about half that of a smoker.

Step 5

Tips for Quitting

- ☁ Prepare to quit – weigh up the pros and cons. Write down your reasons for quitting and keep them close at hand.
- ☁ Choose the best day to stop for you.
- ☁ The day before you stop, throw out your cigarettes, ash trays and lighters.
- ☁ Tell family and friends that you are quitting smoking. They can encourage and support you.
- ☁ Use some of the money you have saved on cigarettes to treat yourself at the end of your first day/week/month of not smoking.
- ☁ Speak to your GP or pharmacist if you would like to try Nicotine Replacement Therapy (NRT) which can help you quit. Sucking mints or chewing gum can help some people.



Step 6

Task Time

This activity demonstrates how smoking can affect your fitness and breathing. You will need a paper straw for each participant.

- ☛ Ask athletes to jog on the spot for 30 seconds.
- ☛ Once complete, ask how they feel? Can they breathe easily? Athletes should be able to breathe easily unless they have respiratory concerns.
- ☛ Ask athletes to repeat the jog on the spot for 30 seconds, this time breathe through a straw immediately afterwards.
- ☛ It's harder to breathe through the straw after exercises. This is similar to the effects of smoking on our breathing.

