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Is this year the year you become a non-smoker?

Thinking about butting out this year? Increase your chances by putting all the pieces of a quit plan in place before you quit. This includes enlisting the support of your family, friends, and of course, your doctor.

"People often mistake smoking for just a habit when in fact, it is a serious addiction, making quitting very difficult," says Dr. Jonathan Singerman, a family physician affiliated with the McGill University Faculty of Medicine. "Putting together a plan and setting a quit date are things that can help make the quit process easier. Although quitting may be a popular New Year's resolution, trying to quit during the holidays is generally a bad idea. Those considering quitting must remember it is a process that takes longer than one day. Having a plan in place is the key to success. My advice for smokers is to focus on the time and plan that will work best for them this year."

Did you know?

- Studies have shown that nicotine

addiction can be as hard to break as heroin or cocaine addiction because it involves both a physical and psychological component.

- Nicotine addiction is the reason why less than five per cent of smokers each year quit successfully without help or support.

- Nicotine is a highly addictive substance and smoking is a chronic, relapsing condition, which can make it hard for people to quit without the proper plan in place. In fact, according to a survey on smoking habits conducted by Léger Marketing, Ca-



nadians smoke on average for about 6 to 10 years before their first serious attempt to quit and Canadians attempt to quit more than five times on average before quitting successfully.

If you or someone you know is resolving to quit smoking this year, speak with your doctor to develop a plan that is right for you and increase your chances of success, or visit www.iscanadastime.com.

—www.newscanada.com

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