Death from TB is four times higher among tobacco users

SERVICES AVAILABLE FOR QUITTING TOBACCO

**mCessation-**
- Free registration by giving missed call on 011-22901701 OR by registering online at https://www.nhp.gov.in/quit-tobacco
- Person will receive regular SMS to motivate and support quitting tobacco.

**National Tobacco Quitline-**
- Free registration by calling toll free number 1800-11-2356.
- Person will be registered and follow-up call will be made to assist.
- ‘Quit Tobacco Pack’ will be sent on registered address.

**Tobacco Cessation Centre-**
- Located in district hospital/medical college/dental college/NCD clinic
- The counselor will support through intensive counselling
- Treatment for tobacco addiction is available, as per need
How you can help TB Patient with tobacco addiction

• Remember that the TB patient is very receptive to your advice

• Look at the TB treatment card for tobacco usage.

• For a tobacco user, start with ‘Brief Advise’ such as ‘Quitting tobacco use is easy & will improve your TB treatment outcome’

• Assess the intention to quit tobacco by asking “have you thought about quitting tobacco?”

If the patient appears ready to quit, the next steps are

• Assist the tobacco user in making a quit plan

• Every fortnight (or earlier) follow up about the efforts made towards quitting tobacco

If the TB patient is not willing to quit tobacco use

• Make the user aware about harm effects of tobacco use and benefits of quitting (many tobacco users are unaware of the harm effects)

• Try to identify barriers to quitting (e.g. fear of failure, withdrawal symptoms, lack of support, being around others who use tobacco, enjoyment of tobacco etc.) and help the patient to overcome through motivation

• If repeated/regular advice is given to patient about the harm effects of tobacco use and benefits of quitting, there is a high possibility of quitting

If TB patient is still not able to quit, refer to

 değiştir: 011–22901701

National Tobacco Quitline: 1800-11-2356

Nearest Tobacco Cessation Centre

QUITTING TOBACCO IS POSSIBLE—FOLLOW THESE SIMPLE RULES

Set a quit date, the date should be within 7 to 10 days

Avoid people, places and situations where tobacco is used

Don’t keep any tobacco product with you

When you feel the urge for using tobacco, take deep breath and do some activity which you enjoy such as listening to music, yoga and talking to your friends. Keep saunf, elaichi, mishri, laung, etc in your mouth

Go for morning walk every day and drink plenty of water and fluids to reduce the craving

Reward yourself and your loved one’s with a gift with the money saved

Be firm, stick to your decision to quit on your quit date. Anticipate and plan for challenges -

• short term: triggers and withdrawal symptoms (headache, irritation, anger, sleeplessness, change in bowel habit, chest heaviness etc.)

• long term challenges: stressful situations and feeling down

Tell family, friends and co-workers about your quit plan so that they are able to provide support
Namaste Mohan Ji! You have been diagnosed with TB and I am here to support you in TB treatment. I also noticed from the card that you smoke bidis frequently.

Ji didi, bidi smoking helps me to concentrate in my work.

Did you know the bidi smoking can worsen your TB, which can prolong the treatment. But do not worry, I will help you in quitting.

I am smoking bidi since I was young and have not faced any problem yet! I do not think I should quit.

Namaste Mohan Ji! Good you have taken your medicine as advised! Did you think about quitting, quitting has financial, social and health benefits. Some of these are shown in this handout.

Didi, I never thought что quitting has so many benefits.

Sure! Quitting is easy if you follow simple rules that are mentioned here! I will also assist you during your quitting plan.

Good, you are recovering from TB but that does not mean you have to stop TB treatment. Did you cut down your tobacco use habit? Have you asked for support from family members in your quitting plan?

Yes didi, I asked for support and am following your advice. But now I experience headaches, sleeplessness and difficulty in passing stool. I feel I will not able to quit.

Do not worry! These are withdrawal symptoms! Here is Tobacco Quitline number they will help you to persist with quit plan.

I feel much better now! I can breathe better, food tastes good and my work capacity has increased! Thank you didi for your advice!

Mohan Ji you have successfully completed your treatment. Congratulations! Do you still use any tobacco products now?

No didi, I quit on that day itself.

Good, then let me update your treatment card with quitting status as 'Yes'.

Mohan Ji, congratulations! You have won a great battle but remember not to fall back! Keep tobacco products away from you and to motivate yourself buy some gifts for your children from the money you saved.
DO YOU KNOW

All forms of tobacco (smoking & smokeless) in deadly & addictive. It is responsible for 13.5 lakh death in India each year

1. Tobacco users have a very high chance of getting TB infections
2. Tobacco use harms every part of body from head to toe
3. Tobacco use causes cancers and can cause brainstroke (paralysis)
4. Smoking increases your heart rate and blood pressure and causes heart disease and heart attacks
5. Second hand smoke is equally harmful—it effects all family members and non-smokers specially children

Your body will thank you for quitting TOBACCO

IMMEDIATE: Quitting makes you feel better and you start tasting food better
20 MINUTES AFTER QUITTING: Blood pressure and pulse returns to normal
12 HOURS: Lung function begins to improve as toxic gases are out of body
12 HOURS: Sense of smell improves; physical activity becomes easier
48 HOURS: Lungs work more efficiently and are able to remove mucous; blood flow to the limbs improves
2 MONTHS: Risk of heart disease is half as compared to tobacco user
12 MONTHS: Risk of lung cancer is less than half as compared to tobacco user

10 YEARS: Risk of lung cancer is less than half as compared to tobacco user

Choose life, Not tobacco.