



# STEPS TO A SMOKE-FREE LIFE WITH YOUR PHARMACY TEAM

## It's Not Just Cigarettes Anymore

Today, it's not just cigarettes that cause nicotine addiction.

**Vapes, e-cigs, and heated tobacco** products are marketed as "safer," but still deliver high levels of nicotine. Nicotine pouches (like Zonnic) are approved in Canada as nicotine replacement therapy (NRT) to help people quit – but like other NRTs, they can be misused.

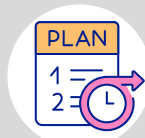
**Young people are especially at risk**, with flavored vapes and sleek designs making them more appealing.

Nicotine can cause:

- Changes in memory, attention, and learning
- Increased anxiety and mood swings
- Strong cravings that make quitting difficult

## How Our Pharmacy Can Help

Our Pharmacy team can support you every step of the way:



Develop a **personalized quit plan** that is tailored to your lifestyle, triggers, and health needs.



We can **provide counselling and check-ins** with regular follow-ups to track progress and keep you motivated.



Our Pharmacists are all trained and certified to **prescribe first-line smoking cessation medications**, including varenicline and all forms of NRT (patches, gum, lozenges, inhalers, sprays)



Support you if you have a **prescription from your doctor** for other medications such as Zyban (bupropion) or other common quit-smoking therapies

## THE HEALTH BENEFITS OF QUITTING START RIGHT AWAY!

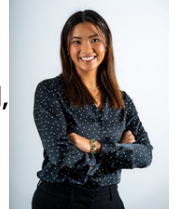
When you quit smoking, your body begins to heal almost immediately:

- **After 20 minutes** – heart rate and blood pressure return to normal.
- **After 12 hours** – carbon monoxide levels in your blood normalize, improving oxygen delivery.
- **After a few weeks** – circulation and lung function improve, making activity easier.
- **After 1 year** – risk of heart disease is cut in half compared to someone who still smokes.
- **Long-term** – risk of cancer, chronic lung disease, stroke, and heart attack continues to drop.

Quitting also boosts your quality of life – easier breathing, more energy, improved taste and smell, and healthier skin. Plus, you'll save thousands of dollars every year by going smoke-free.

For more info, visit us at:

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Pharmacy Student,  
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