



## MB1: Myth Buster Cards Answers

<p><b><i>“You’ll put on weight if you quit smoking”</i></b></p>	<p>Nicotine interferes with your metabolism, suppresses your appetite and the hand to mouth element of smoking displaces snacking so you may well put on weight if you quit smoking. However, after a while your metabolism will return to normal and being aware of this whilst quitting could help you to keep an eye on what you’re eating.</p> <p>Smoking, even light smoking, is way worse for your health!</p>
<p><b><i>“I only smoke socially; I’m not a proper smoker!”</i></b></p>	<p>It takes ten seconds from inhaling cigarette smoke for nicotine to reach the brain. Just a few cigarettes or breathing in the smoke from other people’s cigarettes when they’re smoking near you is risky and will damage your lungs (and other things!). Nicotine is highly addictive and it only takes a few cigarettes to get hooked. It’s just as difficult to quit a ‘smoke with a drink’ habit as it is to quit daily smoking, this is called a habitual addiction.</p>
<p><b><i>“It’s okay, I’ll quit when I’m older</i></b></p>	<p>It’s not easy to quit!</p> <ul style="list-style-type: none"> <li>• 70% of smokers in Scotland would like to stop smoking</li> <li>• It can take up to 7 attempts to have a successful attempts at quitting</li> <li>• there were 322,285 quit attempts made with the help of NHS smoking cessation services in Scotland between 1st April 2011 and 31st March 2014, with 38% having successfully stopped at one month after the ‘quit’</li> <li>• people are four times more likely to quit if they use NHS specialist support</li> </ul>



<p><b><i>“Smoking relieves stress and anxiety”</i></b></p>	<p>This is a common misconception, giving up smoking will improve a person’s health and wellbeing.</p> <p>Smoking releases nicotine – which in turn changes brain chemistry and sets up a ‘reward pathway’ to release dopamine, but this feel good factor quickly drops after a cigarette is finished and the withdrawal from nicotine is what can add to – or worsen – anxiety, stress or depression.</p> <p>So when someone says smoking calms them down, it’s often the combination of moving away from a stressful situation, taking deep breaths (needed for smoking) and topping up on dopamine – but it comes at a high price!</p>
<p><b><i>“It’s not harming anyone else”</i></b></p>	<p>When you smoke indoors, your smoke lingers in the air.</p> <p>You can’t see or smell it, but it’s there. The particles are so small 85% of them are invisible and odourless. The particles are smaller than dust and drift easily as you move through the house and open doors. Smoking near or leaning out of an open window doesn’t protect your family. Second-hand smoke drifts all through your house. Wherever a child is, they’ll breathe in the harmful chemicals. Candles, air fresheners and purifiers might hide the smell of smoke, but they can’t get rid of the harmful toxins</p>
<p><b><i>“Smoking cannabis isn’t as bad as cigarettes”</i></b></p>	<p>Smoking a joint or spliff is still burning tobacco but with another substance in it too which makes the smoke harsh and strong. It creates very thick smoke that carries poisons – the smoke still contains thousands of harmful chemicals.</p>



<p><b><i>“You can’t smoke if you’re vegetarian or vegan”</i></b></p>	<p>This depends on if they follow a vegan / veggie diet or lifestyle. If they follow diet only then usually yes, they can smoke but if they follow a vegan / veggie lifestyle and beliefs then no, they shouldn’t smoke.</p> <p>Testing takes place on hundreds of thousands of animals each year to see the effects of smoking on their lungs, limbs and whole bodies.</p> <p>Deforestation is huge in tobacco growing areas, destroying animals’ habitats and often killing the animals that are already living in those areas. American Spirit is popular among vegans but they’re owned by Reynolds American who have been accused of animal cruelty.</p>
<p><b><i>“There’s no point in quitting now the damage is done”</i></b></p>	<p>It’s never too late to quit smoking! We’ve all heard the stories of “my nan smoked ‘til she was 90 and she was fine” but the fact is half of all long-term smokers will die because of it.</p> <p>The benefits of stopping can be felt really quickly!</p> <ul style="list-style-type: none"> <li>• after 20 minutes: heart rate and blood pressure drop</li> <li>• after 12 hours: the level of carbon monoxide in the blood returns to normal</li> <li>• after 2 weeks to 3 months: lung function increases and circulation improves</li> <li>• after 1 to 9 months: coughs and shortness of breath decrease; lungs begin to recover, improving the ability to handle mucus and reduce the risk of infection</li> <li>• after 1 year: excess risk of coronary heart disease is half that of a person who continues to smoke</li> <li>• after 5 years: the risk of mouth, throat, oesophagus, and bladder cancer are halved. Risk of stroke is reduced to that of a non-smoker.</li> <li>• after 10 years: the risk of dying from lung cancer is about half that of that of a continuing smoker’s. The risk of cancer of the larynx and pancreas decreases</li> <li>• after 15 years: the risk of coronary heart disease is that of a non-smoker’s</li> </ul>



<p><b><i>“Rollies aren’t as bad for you”</i></b></p>	<p>Some people think smoking rollies is ‘natural’ or ‘organic’ but they contain the same tobacco, the same additives and the chemicals as ready-rolled cigarettes.</p>
<p><b><i>“I was going to try quitting smoking with an e-cigarette but heard they’re even worse for you”</i></b></p>	<p>Although e-cigs are not risk-free we know for sure that smoking tobacco is really harmful.</p> <p>There is now agreement based on the current evidence that vaping e-cigarettes is definitely less harmful than smoking tobacco. Although most e-cigarettes contain nicotine, which is addictive, vaping carries less risk than smoking tobacco. Thus, it would be a good thing if smokers used them instead of tobacco.</p> <p>If using an e-cig to quit smoking completely you’ll be much better off.</p> <p>To get the benefits you should stop smoking tobacco completely rather than cutting down.</p>
<p><b><i>“My grandparents smoked and they both lived into their 90’s”</i></b></p>	<p>Well they are the lucky ones!</p> <ul style="list-style-type: none"> <li>• Around a fifth of all deaths in Scotland are related to tobacco, that’s over 10,000 smoking related deaths every year.</li> <li>• In Scotland among the 35-69 age group an average of 22 years of life are lost for every smoking related death.</li> <li>• 10-20% of all smokers will go on to develop COPD</li> </ul>
<p><b><i>“Drinking alcohol is worse than smoking”</i></b></p>	<ul style="list-style-type: none"> <li>• Around a fifth of all deaths in Scotland are related to tobacco, that’s over 10,000 smoking related deaths every year.</li> <li>• Alcohol was a factor in 3,705 deaths in Scotland in 2015, or around 1 in 15 deaths related to alcohol in Scotland.</li> </ul> <p>But both drinking and smoking are harmful! While there is no guaranteed ‘safe’ level of drinking, regularly drinking more than the low risk guidelines can be damaging in the short and long term. There is no ‘safe’ level of smoking.</p>



<p><b><i>“What would the government do without all the tax from cigarettes</i>”</b></p>	<p>Smoking costs more to Scotland than the tax revenue it generates.</p> <p>Between £573 million and £780 million is spent each year by NHS Scotland on treating tobacco-related illness</p> <p>The cost to society is approximately £1.1 billion annually (2006-2010). (£271m in healthcare costs, £692m in productivity losses due to active smoking, £60m in productivity losses due to passive smoking, £34m in clearing smoking-related litter, £12m in fires caused by smoking in commercial properties)</p>
<p><b><i>“Cigarette filters protect me from the harmful stuff”</i></b></p>	<ul style="list-style-type: none"> <li>• the ineffectiveness of cigarette filters and the tobacco industry’s misleading marketing of the benefits of filtered cigarettes are well documented</li> <li>• filter-tipped cigarettes may emit more harmful particles into the air as second-hand smoke than non-filter equivalents</li> <li>• defective filters, releasing plastic fibres and carbon particles, were knowingly sold by Philip Morris for 40 years without public disclosure.</li> </ul>