

How to Quit Smoking

Throw away all your lighters, ashtrays and cigarette packs. Tell everyone you know that you are quitting so that they will hold you accountable.

Remember the 4 Ds:

Distract yourself by doing something else
◆ Do some exercise or keep your mind occupied

Delay lighting up
◆ Eat a sweet to delay lighting up

Do breathing exercises to help you relax
◆ Concentrate on your body and your breathing to get over your cravings

Drink a glass of water or milk slowly
◆ Keep your hands and mouth busy

What happens when you quit?

Within 3 days

- Oxygen level in body increases
- Sense of smell and taste improve
- Blood pressure starts easing to normal levels

In 6 months

- Blood circulation improves
- Aerobic exercises and walking become easier
- Relieved of shortness of breath

In 1 year and beyond

- Risk of heart attack drops
- Risk of mouth, throat & esophagus cancers are halved in 5 years
- Risk of lung cancer is reduced by 50% in 10 years

<https://www.medicalnewstoday.com/articles/317956.php>

**If you are ready to quit, please see your Unit's
Smoking Cessation OutReach (SCORE)
Ambassador**

Contact Us

1 Quit smoking in the SAF
Unit SCORE Ambassador (Peer Counselling)
Please contact your respective unit

Smoking cessation programmes and campaigns

SAF SCORE Programme Office
701 Transit Road, #01-03, Singapore 778910

2 Quit smoking support and Cancer advocacy

Singapore Cancer Society (SCS)

1800-727-3333

15 Enggor St, Realty Centre #04-01,
Singapore 079716

www.singaporecancersociety.org.sg

communityhealth@singaporecancersociety.org.sg

@SGCancerSociety

National quit smoking campaigns and services

Health Promotion Board (HPB)

1800 438 2000 (Quitline)

3 Second Hospital Ave, Singapore 168937

Download softcopy brochure

<http://bit.ly/SCSSAFsmokefree>

Let us know your feedback on this brochure

<https://bit.ly/SAFSCSBrochure>

A guide to staying Smoke-Free and Healthy in the Singapore Armed Forces



Co-Developed by:



**SINGAPORE
CANCER
SOCIETY**



Smoking and Cancer

According to the World Health Organisation (WHO), smoking has been found to be related to 6 million deaths worldwide annually. 14 types of cancer are related to smoking. 90% of lung cancer cases are caused by smoking.

In Singapore, tobacco kills approximately 2,500 smokers and 250 non-smokers each year. A single cigarette alone contains over 7,000 chemicals, of which 70 of them are carcinogenic (cancer-causing substances).

Smoking is the most preventable cause of death worldwide and we would like to encourage all to stay smoke free.

Cancers caused by smoking:

Lung, Esophagus, Bowel, Pancreas, Stomach, Leukemia, Cervix, Ovaries, Liver, Larynx, Kidney, Bladder, Mouth & Upper throat

Quotes:

"I started smoking at a young age... Before I got cancer, my wife was always asking me "Please try to quit" ... I wish that I had listened to my wife"

- Mr Ricky Chiu, Larynx cancer survivor and SCS Cancer Support Group member

"I had to undergo a knee surgery, so I used the opportunity to stop smoking through my recovery period ... For those trying to quit: Nobody promised it'll be easy, but give yourself a chance."

- 3WO Frankie Chong, Ex-SAF Regular

World No Tobacco Day Information Paper, National Registry of Diseases Office 25 May 2015

Singapore Cancer Registry, Annual Registry Report, Trends in Cancer Incidence, 2010 - 2014

Smoking in the SAF

The SAF Smoking Cessation Framework was established in 2018 to consolidate and strengthen existing initiatives, to provide a holistic, multi-faceted and balanced approach towards smoking cessation in the SAF.

Under the framework, smokers at various stages of their quit journey are encouraged to participate in activities including:

- Learn about the harms of smoking through a self-paced educational module.
- Attend health talks and educational events on smoking cessation.
- Seek support from their unit Smoking Cessation OutREach (SCORE) Ambassadors, who can guide them through their journey to quit smoking.
- Seek help from SAF Medical Officers from the SAF Medical Centres, and be prescribed with pharmacological aids where appropriate.

The SAF also collaborates with the Health Promotion Board to organize I-Quit roadshows featuring the I-Quit 28-Day Countdown Challenge in SAF camps, two to three times every year. The I-Quit 28-Day Countdown Challenge encourages smokers to be smoke-free for 28 days.

Minimum Legal Age

In November 2018, Parliament passed the Tobacco (Control of Advertisements and Sale) (Amendment) Bill. As part of these measures, the Minimum Legal Age (MLA) to purchase, use, possess, sell and supply tobacco products will be progressively increased every year on 1 January.



Year	Minimum Legal Age
2019	19 years old
2020	20 years old
2021	21 years old

The aim is to prevent youth from picking up smoking by limiting access to tobacco products, and to further de-normalise smoking particularly for those below 21.

Those caught buying or acquiring tobacco for a person below the MLA in public could be fined up to S\$2,500 for the first offence and S\$5,000 for subsequent offences.

As for those caught giving or furnishing tobacco to a person below the MLA in public, they could be fined up to S\$500 for the first offence and S\$1,000 for subsequent offences.

Underage smokers who are caught using, buying or having in their possession tobacco products in public could be fined up to S\$300.

<https://www.gov.sg/news/content/minimum-legal-age-for-smoking-to-be-raised-to-19-on-1-jan>