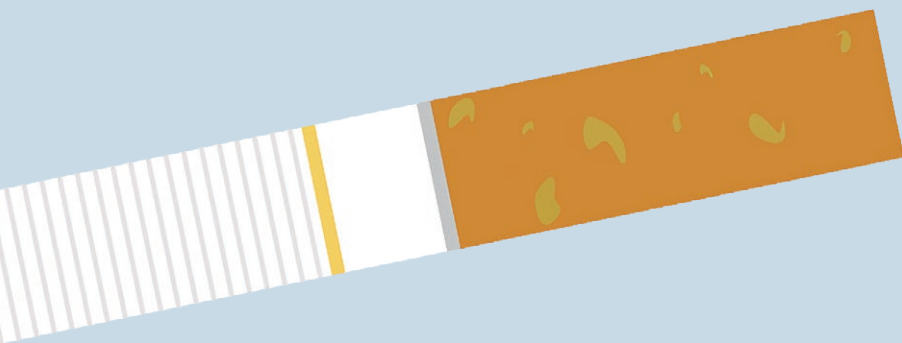


**for Both Smokers and Non-Smokers**

# **Let's Think about a Tobacco Free Society !**



Sophia University  
Sophia University Junior College Division  
Sophia School of Social Welfare

# For Both Smokers and Non-Smokers

It is well known that smoking may harm your health. Not only smoking and secondhand smoke but recent studies are also showing that there are health risks associated with exposure to thirdhand smoke in the form of toxic substances that are left on clothes or walls by cigarette smoke.

Smoking causes serious health problems however there are many advantages to not smoking. If you are someone who wants to quit smoking but think you can't, if you're feeling pressure from your family or friends to quit smoking, and no matter how much you feel like you are dependent on nicotine, it is never too late to quit smoking. Why don't we think about smoking cessation together?

Health Center Chief Doctor Teisuke Nakagawa

Risks of smoking		
Health:	Appearance:	Daily life:
Cancer (lung, pharyngeal, esophageal, gastric...), Myocardial infarction, Chronic obstructive pulmonary disease, Stomach ulcer, Duodenal ulcer, Diabetes, Metabolic syndrome, Cataract, Erectile dysfunction, Decreased sperm motility, Infertility, Premature birth, Bone density loss, Periodontal disease	Spots, Wrinkles, Skin problems, Hair loss, Discoloration of gum and teeth, Bad breath	Terrible family relationships, Poor athletic performance, Smelly room and car, Smelly hair and clothes, Burned hole in clothes, Yellow walls

Benefits of quitting smoking			
Health:	Daily life:	Appearance:	QOL:
Relieved headache and shoulder pain, Reduced menstrual pains, No coughs and phlegm, Return to healthy blood pressure, Less frequent colds, No hair loss, Milder hay fever, No more shortness of breath, Smoother skin, Increased fertility	Less irritation, End of search for designated smoking areas, No worries of the fire, Greater enjoyment of food, Better mood upon waking, Enough saved up in a year for an overseas trip	Better concentration, Less stress, Better time management, More relaxed break time, More efficiency at work	Escape from the domination of tobacco, No need to "accommodate" non-smokers, Happier families, Being told by children "I won't smoke when I get older", More time to spend with family, Respect from your children and your partner, More self-confidence, Calmness in difficult situations

# Smokers' Voice

Someday they may quit, or they may not. But smoking etiquette is important, and poor smoking etiquette bothers the smokers themselves. Here are some of their thoughts.

I'm a smoker but I don't like other people's smoke. It sometimes makes me sick.

No smoking while walking!

I don't smoke when I eat out. It ruins the taste of food and alcohol.

No cigarette butt littering!

I smoke in secret. I don't smoke where people might feel uncomfortable.

I don't smoke while eating, or if I'm with someone who doesn't smoke.

When I smoke in my office, I rinse my mouth and chew gums to get rid of unpleasant odors.

If you can't quit smoking, you're a nicotine addict. You will need treatment.

It's absolutely absurd to smoke outside smoking areas or litter ashes and butts outside ashtrays.

Smoke can travel to non-smoking areas. I will only smoke if smoking and non-smoking areas are completely separated.

It is wrong to behave poorly even if you are in smoking-permitted areas such as pubs.



# Successful Quitters around Us

## **“You shouldn’t be too hard on yourself”**

**(Staff, Male)**

### **What do you think is the greatest benefit of quitting smoking?**

Now I can appreciate the taste of food better.

### **Why did you decide to quit smoking?**

My child was born. I knew that smokers’ cohabitants, especially children, could absorb toxic substance even if smoking is done outside house.

### **What are your tips for successful smoking cessation?**

I didn’t go to a clinic or use medical products like nicotine gums. Surprisingly, regularly asking myself the “reasons why I smoke” was most effective. After all, there was no big reason I had to smoke. In addition, I gradually lost interest in the taste of tobacco.

### **How did you maintain your motivation to quit smoking?**

Soon after I quit, I started to feel a “non-smoking high”. It’s like a runner’s high that helped me to go through the process.

### **How did you manage yourself when it was challenging?**

You shouldn’t be too hard on yourself when you’re trying to quit smoking. I didn’t hesitate to give myself some exceptions with some “it’s okay to smoke when...” moments and I took it easy by thinking “I can always smoke again if I really want to”. Perhaps this will work well for some of you too.

## **“Facing my inner self”**

**(Faculty, Female)**

If I am asked how I quit smoking, I would say that I just waited until the time was right for me. I had made up my mind so many times but failed each time. But one nicotine patch recommended by a non-smoker led me to quit smoking. Smoking is an addiction. It was most necessary to look deeper into my inner self to be freed from addiction.

Before I entered my 40s, I was so immersed in work. I was always concerned about how I appeared to others. I was pushing myself too hard. Correcting the course of life requires time. I was given the above-mentioned chance after repeated trial and error. Nothing was painful after I quit smoking. I was full of gratitude to be unshackled from nicotine.

**“No matter what anyone says, it is your determination that accomplishes the feat”** (Staff, Male)

**What do you think is the greatest benefit of quitting smoking?**

I no longer leave my desk for smoking breaks. I have more pocket money left to do other things.

**Why did you decide to quit smoking?**

My strong determination to quit. You can never quit smoking when you're doing it just because someone else tells you to.

**What are your tips for successful smoking cessation?**

Determination

**How did you maintain your motivation to quit smoking?**

Determination

**How did you manage yourself when it was challenging?**

Eat. Sleep.

## • For the Students •

**The first step towards smoking cessation getting employed is a great motivator**

I started to smoke less after I got a job offer. I still smoke when I am really tired or when I am at drinking parties, but since I will be working in a completely smoke-free environment, my goal is to not smoke during work hours. When I want to have a smoke at work, I try drinking coffee. Before I had taken up smoking, I would fill my moments of cravings with coffee. I hope I can completely quit smoking someday.

I know some people succeeded in quitting smoking when they joined their research groups. In some areas of study, research members are prohibited from smoking as tobacco substance contained in the breath may affect experimental results. Also, some people quit because their academic supervisors or co-researchers didn't smoke. It is difficult to quit if you don't have any motivator. Getting employed can help you kick your smoking habit, so think about quitting smoking while you are looking for a job. gratitude to be unshackled from nicotine.

# Smoking Cessation Plan for You

It is recommended to visit a smoking cessation clinic as you can achieve good results with the support of doctors' advice and smoking cessation aids. Normally, a smoking cessation treatment runs for 12 weeks with 5 visits to the clinic. Total cost would be in the range of ¥13,000~20,000(30% medical copayment).

## General Flow at a Smoking Cessation Clinic

### At the first visit your doctor will:

1. check your conditions for treatment plans covered by insurance
2. interview you and perform medical examinations
3. determine carbon monoxide levels in your breath
4. help you set the starting quit date and you will sign a "Smoking Cessation Declaration"
5. give you medical advice
6. introduce to you smoking cessation aids and how to choose them

If you have questions or need more information to quit smoking, feel free to consult the Health Center. To begin with, answer the following questions to make a smoking cessation plan for yourself.

### 1 Decide on a date to start quitting

To cope with withdrawal symptoms, it is better to start when you are not busy with work or study.

**Date:** \_\_\_\_\_ / \_\_\_\_\_

### 2 How much do you spend on tobacco each month?

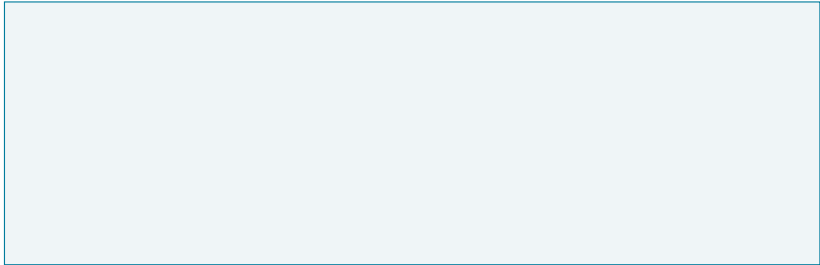
¥ \_\_\_\_\_ /day × 30 days = ¥ \_\_\_\_\_ /month

### 3 Why do you want to quit smoking?

To become healthier, to save money, for your love ones.....

#### **4 What can trigger you to smoke?**

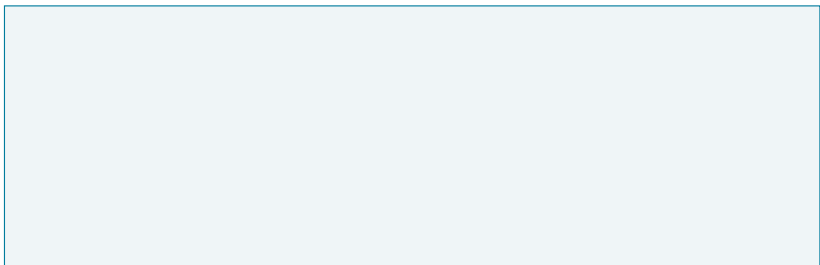
Stress? After meals? Drinking parties? Or seeing someone else smoking...?



#### **5 Be prepared for withdrawal symptoms**

Symptoms last just a few minutes, but they can be tough. Most people experience the withdrawal symptoms for 7~14 days, however they can last for over 3 months. You may not go through all the withdrawal symptoms but be prepared for them. Think about what to do when you become discouraged. The triggers you have written for **4** can be a good reference.

Drink hot tea, take deep breaths, talk to your friends, family or a counselor; think of a treat for yourself with the money you would save up by not buying cigarettes; get the appropriate nicotine patch or nicotine gum prescribed by your doctor.



#### **6 Say goodbye to things that remind you of cigarettes**

Throw away lighters, ashtrays or other smoking-related goods. Wash and get rid of the smell of smoke from your clothes and your vehicles.

#### **7 Tell your friends and families**

It is much easier to quit smoking with the support from your loved ones. Let them know your plans to quit. Asking a friend to quit smoking together could be effective too.

# English-Speaking Smoking Cessation Clinics

You may find it difficult to be understood in English when you make an appointment, but the doctors can communicate well in English.

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## Toto Clinic Appointments required

Hotel New Otani Tokyo Garden Tower 2F, 4-1 Kioi-cho, Chiyoda-ku, Tokyo  
**03-3239-0212**

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## Nippon Medical School Respiratory Care Clinic Appointments required

JPR Ichigaya Bldg. 8F, 4-7-15 Kudan-minami, Chiyoda-ku, Tokyo  
**03-5276-2325**

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## YOUR CLINIC Ochanomizu Appointments required

Nikken Bldg. 3F, 2-4 Kanda-Surugadai, Chiyoda-ku, Tokyo  
**03-3259-1190**

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## Tokyo Business Clinic Appointments required

Tekko Bldg. B1, 1-8-2 Marunouchi, Chiyoda-ku, Tokyo  
**03-6268-0079**

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## KASHIWADE CLINIC Walk-ins accepted

2-15-5, Sakai, Musashino-shi, Tokyo  
**0422-38-7277**

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## MATSUMOTO MEDICAL CLINIC Appointments required

Yamaki Bldg. 4F, 5-7-5 Ojima, Koto-ku, Tokyo  
**03-3636-3637**

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