



Control the
Wrinkling
Process...

Quit
Tobacco
Now!

Do Women Care?

No woman would like to have premature wrinkles, deep numerous shallow lines or a grayish wasted appearance on her face. So, the best thing a woman can do for herself is to stop smoking and have a better health, a better smell and a smoother and more radiant skin!

You can say that it is your body and your choice, but you have only been given one body so...treat it kindly. Why not join the larger group (79%) of Maltese females who do not smoke?

QUIT NOW...and **Feel** better, **Smell** better and **Look** better!

Remember it is no longer socially appealing to smoke in many places and situations. **The sooner you stop smoking the better!**

Call the **Health Promotion and Disease Prevention Directorate** on **23266000** or apply on line at <http://ehealth.gov.mt/healthportal/default.aspx>



5B, The Emporium, C. De Brocktorff Str., Msida MSD 1421 Malta.
Tel: 2326 6000, www.ehealth.gov.mt

8007 3333
Tobacco Freephone

Quitline
2326 6116



YOUR HEALTH
We care

© 2011



Introduction

If you started smoking as a teenager thinking it would make you look older and cool, you are perfectly right - but not in the way you expected it to be. Does anyone want to have a less youthful appearance and premature aging of the skin as they grow? Not likely.



Women's Appearance and Smoking

Women take pride in having beautiful glowing hair, a clear complexion and good health. Without any doubt, tobacco use has a negative effect on women's appearance. In fact, smoking causes:

- dehydration and deprivation of the skin of vital oxygen levels and the essential nutrients, causing damage to your youthful appearance and makes the skin thinner
- damage to the hair
- discolouration of the teeth from the nicotine stains
- changes in your hands and nails
- bad breath
- bad smell on clothing and hair!

Premature aging occurs because smoking causes the blood vessels near the surface of the skin to become narrow and thus have a reduced blood flow. Smoking damages the fibres that help the skin stay elastic and strong. It also lowers levels of vitamin A and C by restricting the body from utilizing these essential vitamins.

The skin would wrinkle ahead of time and would make you look between 8 to 12 years older. That is, when you are 30 you would look as if you are 42 years old. Although this would not be that visible, when looking under microscope crow's feet, deep creases, and smoker's lines around the mouth are more prominent in the smoker, when compared to a non-smoker of the same chronological age.

What do women Smoke?

Women who smoke have the tendency to choose brands with low-tar or low-nicotine level. The tobacco industry projects smoking these types of cigarettes as glamorous, giving the idea to women that low tar or lower nicotine brands reduce harm done to the body.

Gone are the days when smoking was intrinsically linked to glamour. This link has by now reversed among women in developed countries. Contrary to what the industry is actually projecting.

- Smokers, who use light cigarettes, tend to inhale deeper into the lungs causing more damage.
- Lower levels of tar and nicotine do not mean that smoking is 'Safe' as there is no safe level of exposure to tobacco smoke.
- All cigarettes, in any form are harmful.

Female smokers have higher health risks

Scientific evidence shows that smoking will cause damage to every organ in the body and the skin's structure. Tobacco smoke contains over 4000 toxins and harmful chemicals that go through the lungs, get absorbed directly into the bloodstream and damage the whole body. The more one smokes, the more severe the damage. In reality smoking is a direct cause of premature aging, diseases, and death.

The World Health Organization states that females who smoke are more liable to heart attacks, and stroke among other diseases. Additionally women who smoke and also use oral contraceptive pill have a particular elevated risk of coronary heart disease, stroke and a higher risk of developing deep vein thrombosis.



- They are up to 40 times more likely to have a heart attack than women who neither smoke nor use oral contraceptive pill.
- More likely to have menstrual problems with painful and irregular periods.
- They reduce their fertility rate by around 28% when compared to non-smokers.
- It would be more difficult for them to become pregnant.
- More likely to develop pregnancy complications with the eventuality of lower bone density than women who don't smoke.

So if a baby is a part of your future plans...Quit now!

Quitting

You may believe that you will manage to quit easily anytime you want however your chances of being successful will be better if you plan ahead and prepare yourself on how to achieve your goal. Although quitting is not an easy task, still it is achievable.

Tips for giving up smoking

- Get to know when, why you smoke and identify triggers.
- Write down a list of reasons for wanting to quit.
- You can either choose to stop gradually by reducing the amount of cigarettes you smoke daily or set a specific date.
- Avoid temptations and think on what to do instead of smoking. How you will handle places, people and situations.
- You can find a friend who can support you during the quitting process or perhaps you can both try quitting together.
- Find and join a quit smoking program at the Directorate for Health Promotion and Disease Prevention.
- Shift your thoughts from smoking; go for a walk instead even if it is going round the office block or where you live.
- From time to time, remind yourself why you need to stop smoking and the advantages of being a non-smoker.
- Don't give up trying, stick to it. When you feel like having a cigarette remember how well you've done so far.
- Taking up a new hobby may help you to take your mind off smoking.
- Keep in mind that now it is a 'No thanks, I do not smoke' attitude and be positive in your thoughts.
- Reward yourself after some time of quitting such as, treating yourself at a beauty shop or parlour and/or going out for a meal with friends.
- Enjoy life as a non-smoker and celebrate your success.

Additional support

There is a greater possibility of success if you also seek support, as there are various treatments available. Although nicotine is an addictive chemical, your body will get used to being nicotine free. Talk to your Pharmacist or Doctor about nicotine replacement therapy.

Withdrawal symptoms

These symptoms last for a short period of time only so keep in mind all the good things that go along with being an ex-smoker. These can vary from one person to another and if they happen are usually strongest during the first 2 to 3 weeks after you quit. One good thing about these symptoms is that they can be considered as positive signs of recovery, an indication that body is starting to heal.

Once they are over, you'll feel better about not smoking and will soon be back to your normal routine free from all the toxins and damage related to tobacco.

MOST IMPORTANTLY, believe in yourself, YOU CAN DO IT! You can only succeed when the inner drive is sufficient to back your efforts, so remember, be determined, you are not depriving yourself, you are setting yourself FREE

Join us on facebook [quitmalta@facebook.com](https://www.facebook.com/quitmalta)



8007 3333
Tobacco Freephone

Quitline
2326 6116

**YOUR
HEALTH**
We care



Ministry for Health,
the Elderly and
Community Care