

# Smoke-*free* from May 2023

Stop smoking campaign by *DKFZ aktiv!* – the Corporate Health Management Program (BGM), the Cancer Prevention Unit, and the Staff Medical Service

# Do Not Smoke and Win

Dear members of staff,

Smoking is still the highest and most avoidable health risk and is responsible for almost 20 percent of all new cancer cases. In Germany, approximately 127 000 people die every year as a consequence of smoking.

Passive smoking can also lead to disastrous consequences: Secondhand smoke increases the risk of lung cancer, stroke and coronary heart disease by 20 to 30 percent.

Health care and cancer prevention of our employees is of great concern to us. Furthermore, we want to live up to our image as health centre. Therefore, the DKFZ supports you if you decide to quit smoking!

This booklet is part of the “Smoke-free from May” Campaign 2023 and aims at motivating you to do the first step! Moreover, we have enlarged the offer of support to quit smoking:

You have the possibility to participate in the “Smoke-free from May” Competition. Besides various courses you can also activate the TK (Techniker Krankenkasse) Online Coach as well as download the mobile apps “Smokerface” and “Smokerstop”.

You will find all the information you need on the intranet at [My Workplace > Health > Health offers at the DKFZ > The Offer from A to Z > Smokefree DKFZ](#).

In case of questions and for feedback, please contact us. Good luck with becoming a non-smoker!



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# Ten Reasons to Stop Smoking

## 1 Lung cancer

- Already within a few years, the risk of disease for most cancer types reduces significantly – the earlier you stop smoking, the better the effect.
- Ten years after stopping smoking, you will only have half the risk of lung cancer than if you had continued to smoke permanently.

## 2 Cardiovascular diseases

- One year after quitting smoking, you have halved your risk of cardiovascular disease compared to continuing to smoke.
- Stopping smoking reduces the risk of dying of a cardiovascular disease more effectively than drug therapy.

## 3 Respiratory diseases

- Respiratory function improves just two weeks after the last cigarette.
- One to nine months after stopping smoking, cough and respiratory problems improve.
- Stopping smoking improves the symptoms of chronic obstructive pulmonary disease (COPD), slows down its course, and reduces the risk of dying.

## 4 Pregnancy

- Stopping smoking before as well as during pregnancy reduces the risk of complications in pregnancy.

## 5 Impotence

- Stopping smoking early reduces the increased risk of impotence due to smoking.

## 6 Personal appearance

- After quitting smoking, discoloration of the fingers and teeth disappears, the skin becomes smoother and looks fresher, and the bad odor in hair and clothes goes away.

## 7 Physical fitness

- After quitting smoking, you will become physically fitter, live healthier, and be more resilient.

## 8 Harm to the health of others due to passive smoking

- Those who do not smoke any longer are not only helping their own health, they are also saving the health of others.

## 9 Control over one's own life

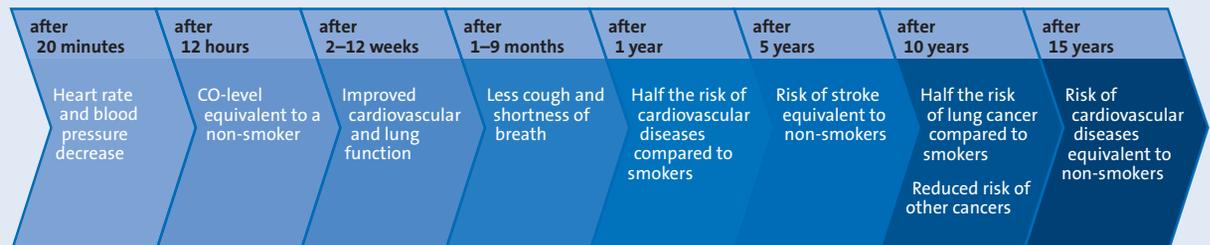
- After stopping smoking, ex-smokers are no longer permanent victims of their addiction; instead, once again they can freely dispose of their time without having to repeatedly interrupt an activity for a cigarette.

## 10 Money savings

- At a cost of 6.00 euros per 20 cigarette pack, you spend more than 2000 euros per year on smoking (assuming one pack per day). For the same sum, you could, for example, afford a two-week all-inclusive holiday in a four-star hotel on the Canary Islands or could fulfil other wishes big or small now and then!

**Once you stop smoking, you will feel strong, healthy, and free!**

### Health benefits of stopping smoking



# Ten Tips for Success when You Stop Smoking

## 1 Set a date

- Select a date within the next three weeks.
- Choose a stress-free time to stop smoking.
- Stay to your decision to stop smoking despite unforeseen events instead of postponing the quitting date.
- Keep in mind that stopping smoking is an opportunity.

## 2 Seek support

- Ask your family doctor for support.
- Ask your family and friends for support.
- Use professional help: BZgA smoker hotline: 0800 8 31 31 31, Monday to Tuesday from 10 am to 10 pm and Friday to Sunday from 10 am to 6 pm.

## 3 Break with old habits

- Throw away all smoking equipment (cigarettes, lighters, ashtrays...).
- Set aside routines: consider in which situations you routinely smoke without even thinking about.
- Reach for an apple, sugar-free chewing gum, or a glass of water in situations when you used to smoke usually.

## 4 Avoid situations that are closely connected to smoking

- Avoid places and people that make you want to smoke.
- Distract yourself if you are tempted to smoke: talk to a non-smoking friend, tackle a new task, take a deep breath, be physically active, or do a relaxing exercise.
- Keep reminding yourself of the positive effects of your decision to stop smoking.

## 5 Learn to cope with withdrawal symptoms

- Your body is accustomed to nicotine and demands it. If it does not get nicotine, it will signal its demand with withdrawal symptoms such as unrest, irritability, and discomfort.
- These symptoms usually pass within a few minutes and will disappear completely after two to four weeks.
- Remember that the positive effects of stopping smoking last your entire life.

## 6 Use medicinal support

Nicotine replacement products (nicotine chewing gum, lozenges, or patches) can alleviate withdrawal symptoms.

Prescription drugs may also help when quitting smoking.

## 7 Pay attention to your nutrition

- Nicotine accelerates your metabolism – you need fewer calories after quitting smoking.
- Maintain a balanced diet rich in fruit and vegetables.
- If you have cravings for sweets, try sugar-free chewing gum and low-calorie sweets.

## 8 Be physically active

- Physical activity lifts the spirit and relaxes.
- Get outside regularly.
- Do sports.

## 9 Reward yourself

- Indulge yourself every day with a little something, using the money that you did not spend on cigarettes.

## 10 Be pleased with each small step

- Be proud of your success in stopping smoking.
- Think about the positive effects, you feel since you stopped smoking.
- Believe in yourself, your decision, and your success in stopping smoking.

Stopping smoking gets easier every day!

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# Ten Tools to Stop Smoking

## 1 Behavioral group or individual therapy

When you want to stop smoking, group behavioural therapy is the best support – it approximately doubles the chance of success. Individual therapy may also be helpful but not quite as effective as group therapy: it increases the probability of successfully stopping smoking by about one half.

## 2 Nicotine replacement products

Nicotine replacement products such as nicotine patches, chewing gum, or lozenges help to reduce withdrawal syndromes. They increase the probability of successfully stopping smoking by up to 36 percent, particularly if you combine several products (e.g. nicotine patches and chewing gum) and use higher dosages.

The probability of success is especially high if you combine behavioural therapy with nicotine replacement products.

## 3 Prescription drugs

The active ingredients bupropion and varenicline, available by prescription, increase the prospect of successfully stopping smoking. However, both drugs are recommended only if behavioural therapy and/or nicotine replacement products are not successful. They should be taken only in consultation with a doctor.

## 4 Telephone consultation

Use of telephone smoker counselling can increase the prospect of successfully stopping smoking by up to 10 percent.

## 5 Self-help materials

Interactive individualized internet programs about stopping smoking, programs with text messages via cell phone, or printed self-help material such as brochures increase the probability of successfully stopping smoking.

■ recommended measure with high evidence, ■ recommended measure with moderate evidence, ■ currently not recommended measure (low evidence or no proven effect), ■ measure for certain groups

## 6 E-cigarette

Current data from studies are not sufficient for a clear statement on the effectiveness of e-cigarettes in overcoming tobacco addiction. However, studies do indicate that e-cigarettes may be helpful in stopping smoking; e-cigarettes with nicotine are more effective than those without nicotine. E-cigarettes may have an effect that is at least as effective as nicotine replacement products.

However, potential health consequences of long-term e-cigarette use are unknown at present.

## 7 Acupuncture

Acupuncture and acupressure may help the effort to stop smoking in the short term; however, a long-term effect has not been proven.

## 8 Hypnosis

Current research does produce an unequivocal conclusion as to whether hypnosis is helpful or not. If there is a benefit, this benefit will, at best, be minor.

If you wish to try quitting smoking with the help of hypnosis, you should make use of professionally performed clinical hypnotherapy and visit a medical or psychological hypnotherapist.

## 9 Tools to stop smoking for pregnant women

Pregnant women benefit from behaviour therapy in two ways: Therapy increases the chance of successfully stopping smoking. At the same time, stopping smoking reduces the otherwise increased risk that the child is born with low weight or needs intensive care.

Pregnant women should use nicotine replacement products only in justified exceptional cases and after careful risk-benefit analysis by a doctor, since these products show weaker effects during pregnancy and, at the same time, have a higher risk of adverse effects.

## 10 Tools to stop smoking for young people

Group behaviour therapy is probably helpful for young people to help them successfully stop smoking. Nicotine replacement products and other cessation medications show no effect.