



Smoking Cessation & Tobacco Control

Why You Should Quit?

Primary Risk: Smoking is the main cause of lung cancer, increasing your risk by up to 20 times.

How to Calculate the Pack-Years Index?

- Formula: Years of Smoking X Number of packs smoked per day = Pack-Years.
- Note: One pack of cigarettes is usually considered 20 cigarettes.

What is the Pack-years Mean?

Pack-Years Value	Implication (Risk Level)	Clinical Action Required (in the context of Lung Cancer Screening)
Less than 10 Pack-Years	Low to Moderate Risk	Risk is considered low. Annual lung cancer screening via Low-Dose CT (LDCT) is rarely recommended, unless there are other strong risk factors
10 - 20 Pack-Years	Moderate Risk	The patient should be closely monitored. Discussion should begin regarding the critical importance of immediate cessation and the increasing cumulative risks
20 Pack-Years and Above	High Risk (The Critical Threshold)	This threshold qualifies the patient for annual lung cancer screening using Low-Dose CT (LDCT), provided they also meet the age criteria (typically 50–80 years)

Available Quitting Methods:

- Psychological Support.
- Use of auxiliary medications such as nicotine and alternative therapies.
- Techniques for controlling cravings.

Where to Find Support

- Free support resources are available through Saudi Ministry of Health programs, such as the Sehhaty app.
- Free hotlines for smoking cessation.
- Smartphone applications for tracking and motivation.

Practical Tips for Quitting

- Identify the reasons behind your desire to smoke.
- Set a daily plan.
- Avoid triggers.
- Reward yourself when achieving small goals.