

Iska Ilaalinta Cayilka Marka aad Joojinayso Tubaakada

Avoiding Weight Gain When Quitting Tobacco

Many people have concerns about gaining weight when they decide to quit using tobacco. Nicotine increases the calories your body uses and can act as an appetite suppressant. Your body may burn calories more slowly and you may feel hungrier when you stop using tobacco.

Quitting tobacco use does not mean you will gain weight. Some people gain 4 to 10 pounds during the first few months of quitting, but many people lose this weight as they adjust to life as a non-tobacco user.

Keep your focus on quitting. It can be hard to quit and try to lose weight at the same time. Quit first for your health and deal with any weight gain later, if you need to focus.

Reasons why weight gain may occur

- You may eat to replace the behavior of smoking or using tobacco. You may feel the need to keep your hands or mouth busy.
- Instead of tobacco, food can become a substitute. You may eat during stress, boredom or at social events.

Dad badan ayaa walaacyo ka qaba cayilida markay go'aansadaan inay joojiyaan adeegsiga tubaakada. Nikootiintu waxay kordhisaa unugyada cayilka ee jirkaagu adeegsado waxayna noqon kartaa oomateed fure. Jirkaaga ayaa unugyada cayilka u gubi kara si aad u hoosaysa waxaadna dareemi kartaa gaajo dheeraad ah markaad joojiso adeegsiga tubaakada.

Inaad joojiso adeegsiga tubaakadu kama dhigna inaad cayilayso. Dadka qaar ayaa cayilkoodu kordhaa 4 ilaa 10 boon dhawrka bilood ee ugu horeeya markay joojiyaan tubaakada, laakiin dad badan ayaa cayilku ka dhacaa markay la qabsadaan nolosha isticmaal la'aanta tubaakada.

Diirada saar joojinta tubaakada. Way adkaan kartaa inaad tubaakada joojiso haddana iskudaydo inaad cayilka iska rido isla waqtigaas. Marka hore tubaakada jooji si aad caafimaad u hesho kadibna xal u raadi cayilka hadhoow, haddii aad u baahan tahay inaad muhiimad siiso.

Sababaha keeni kara kororka cayilka

- Waxaad cunto u cuni kartaa si aad u badasho dabeecada sigaar cabida ama adeegsiga tubaakada. Waxaad dareemi kartaa baahi aad u qabto mashquulinta gacmahaaga iyo afkaaga.
- Halkii aad tubaako ka adeegsan lahayd, cuntada ayaa badal u noqon karta. Waxaad cunto cuni kartaa markaad walaacsan tahay, caajiska ama markaad joogto munaasabadaha bulshada.

- Your sense of smell and taste may improve after quitting. When food tastes better, you may eat more, even if you are not really hungry.

You can reduce the chance of weight gain

If you eat a healthy diet and stay physically active, you can greatly reduce your chance of gaining weight. Have a plan to deal with stress, boredom or other situations that does not involve food. Try some of these tips to keep your weight under control.

- **Eat healthy:**
 - Control your portion size. Chew slowly and enjoy each bite.
 - Snack on healthy foods like carrots, apples or other fresh fruits and vegetables. Fresh vegetables are often low in calories.
 - Limit foods that are high in sugar or fat such as candy, chips, soda, cakes or cookies.
 - Drink 6 to 8 cups of water each day. Limit or avoid alcohol that can have lots of calories.
 - Try sugar free gum, hard candy or a few sunflower seeds to cut the urge to snack.
- **Be active:**
 - Take walks.
 - Use the stairs instead of elevators.
 - Park your car in the lot furthest away from the entrance.

- Dareenkaaga urka iyo dhadhanka ayaa soo hagaagi kara markaad tubaakada joojiso. Marka cuntadu kuu macaanaato, cadad dheeraad ah ayaad ka cuni kartaa, xataa haddii aan gaajo ku hayn.

Waxaad yarayn kartaa fursada kororka cayilka

Haddii aad cunto cunto caafimaad qabta aadna jimicsi jireed samayso, waxaad si wayn u yarayn kartaa fursada uu cayilkaagu ku kordhi karo. Degso qorshe aad kula tacaamusho walaaca, caajiska ama xaaladaha kale ee aan cuntada qusayn. Iskuday qaar kamid ah tilmaamahaan si aad u xakamayso miisaankaaga.

- **Cun cunto caafimaad leh:**
 - Xakamee cadadka cuntada aad cunayso. Si tartiib ah u raamso oo ku raaxayso qaniinyo kasta.
 - Cunto fudud ka dhigo cuntooyinka caafimaadka leh sida kaarootada, tufaaxda ama miraha iyo khudaarta cusub. Khudaarta cusub waxaa badanaa ku yar unugyada cayilka.
 - Yaree cuntooyinka ay sonkorta ku badan tahay sida nacnaca, jibsiga, soodhada, doolshada ama macmacaanka.
 - Cab 6 ilaa 8 koob oo biyo ah maalin kasta. Yaree ama iska daa khamrada oo lahaan karta unugyada cayilka oo aad u badan.
 - iskuday xanjada bilaa sonkorta ah, nacnaca adag ama dhaw miraha gabalka ah si aad iskaga goyso rabitaanka cunto fudud.
- **Jimicsi samee:**
 - Soco.
 - Ku soco jaranjarada halkii aad wiish ka raaci lahayd.
 - Ku baakin gaarigaaga meel ka fog albaabka.

- › Work in your garden or do yard work.
- › Ride a bike or do other activities you enjoy.
- **Other things to try:**
 - › Use toothpicks, straws or rubber bands to fulfill your hand to mouth habit.
 - › Keep your hands busy by working on puzzles or read, knit or do crafts.
 - › Call a friend for support.
 - › Track your eating habits by keeping a food diary to help you maintain a healthier diet.
 - › Brush your teeth after eating meals so you are less likely to continue to eat when your meal is finished.
 - › Talk to your doctor about meeting with a dietitian for help with weight loss, if needed.
- Lastly, keep a list of your reasons for quitting close by to help you stay on your path to a tobacco free life.
- › ka shaqee beertaada ama samee shaqada fagaaga.
- › Baaskiil wad ama samee nashaadaadka kale ee aad jeceshahay.
- **Waxyaabaha kale ee aad isku dayi karto:**
 - › Adeegso findhicil, istaroowga wax lagu dhuuqo ama cinjiro si aad u buuxiso dabeecadaada gacmo gaynta afka.
 - › Gacmahaaga ku mashquuli ka shaqaynta xujooyinka ama akhris, tol ama samee dhoobo.
 - › Wac saaxiib ku caawiya.
 - › La soco dabeecadaada cunto cunista adoo degsanaaya qoraalka cuntada si ay kaaga caawiso cunista cunto caafimaad leh.
 - › Cadayo ilkahaaga kadib markaad cuntayso si aadan usii wadin cunto cunista markaad cuntada dhamaysato.
 - › Kala hadal dhakhtarkaaga la kulmida khabiirka cuntada si uu kaaga caawiyo luminta cayilka, haddii aad u baahan tahay.
- Ugu danbayntii, meel kuu dhaw dhigo sababaha aad tubaakada u joojinayso si ay kaaga caawiyaan si wadista hiigsiga nolol ka caagan tubaako.

Talk to your doctor or nurse if you have questions about quitting tobacco use, or call 1-800-Quit-Now or 1-800-784-8669.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto su'aalo ku saabsan iska deynta tubaakada, ama wac 1-800-Quit-Now ama 1-800-784-8669.