

# Tobacco and the contraceptive pill



**An explosive  
combination!**

**There are effective aids to  
stopping smoking**

## STOP SMOKING AND

### EXPERIENCE

less painful periods, fewer migraines and headaches.

### REDISCOVER

a more beautiful appearance, a clearer complexion, shinier hair and less brittle nails.



### To keep your figure, choose :

- **a balanced diet**  
more whole foods, vegetables and fruits, and fewer bad fats and simple sugars ;
- **regular physical activity**
- **a combination of nicotine patches and fast-acting substitutes** to reduce cravings..



### To help you to stop :

- **use**  
nicotine substitutes, medication or the Stop-tabac app ;
- **talk to**  
doctors and specialists ;
- **keep your mind busy with**  
sport, creative or comforting activities ;
- **eat**  
foods that produce dopamine: almonds, walnuts, chia seeds, oats, eggs, salmon and cocoa.

Tobacco increases the negative effects of the combined pill by increasing the risks of thromboses, cardiac accidents and strokes. Opt for a non-hormonal or progestogen-only contraceptive if stopping smoking is not an option.



**Promotion santé Valais**  
**Gesundheitsförderung Wallis**

ADDICTIONS – CIPRET  
SUCHT – CIPRET

For more information  
[www.psvalais.ch/tabacetpilule](http://www.psvalais.ch/tabacetpilule)

