

# THE BEST TIME TO QUIT IS TODAY.

**QUIT SMOKING STORIES & QUIT TIPS** 

"Smoking doesn't just harm you, it harms us too"

BE HEALTHY BE DEADLY!

Tackling Indigenous Smoking

BE SMOKE FREE

# Dawn's Story

"My Dad died from lung cancer, so you'd think that would have been my motivation to quit. But watching him dying and dealing with my grief actually made me smoke more. Everybody judged me. No one in my family could understand why I smoked – my Mum especially hated it. I couldn't explain it to them and they couldn't understand the addiction."

"After 10 years of struggling with quitting smoking, Dawn's last quit attempt was eventually successful. She had accepted that she was an addict and could never touch a cigarette again. She had also learnt why she smoked, dealt with those demons and then created a life filled with healthy habits that ultimately offered her more rewards than smoking ever had.

#### A socially-acceptable addiction

"I would light-up my first cigarette before getting out of bed, sometimes not even realising that I'd lit-up, and then I'd smoke up to two packs a day, especially if I was going out", recalls Dawn.

Growing up in a small country town surrounded by kids who were five years older than her, Dawn remembers smoking her first cigarette as a way of fitting in with the older kids. "I hated that first cigarette and thought I was going to die. But as the older kids gradually took it up as a habit, so did I, and I was regularly smoking by the time I was about 14. We'd all play sport on a Saturday, and afterwards, everyone would go to the pub to have a few drinks, and everyone smoked. If you didn't smoke it was like there was something wrong with you. Smoking used to be so socially acceptable, that no one would consider you had a real problem, an addiction."

#### Quitting for someone else

Dawn continued to smoke, until she started a long-distance relationship with an athlete in Canada who said he couldn't be with a smoker. "I was in love, that was my motivation to quit. My desire to be with him made me promise to give up, but I didn't realise how difficult it would be."

Dawn saw her doctor who recommended using nicotine replacement therapy patches. The process of quitting was challenging, but she persisted and eventually went to Canada to be with her new partner, cigarette-free.

"Smoking was my escape, my way of dealing with stress, and of avoiding saying the things I should have said"

"I hadn't smoked for months and thought I'd be fine. But when we travelled to America together, I had a melt-down. It was a new relationship and we didn't know each other's roles. He wanted me to go abseiling off a 60-foot cliff and I was petrified! I told him I couldn't, we had a massive fight and I went straight to the store and bought a packet of cigarettes. He threatened to break up with me; I was heartbroken, and was upset that I could so easily become a smoker again. Despite my attempt to quit for him, I still hadn't learned why I smoked."

#### Sucking it up instead of speaking up

"Ultimately, for me, smoking was about sucking everything up (literally) instead of speaking up. I was sucking up all the things that I couldn't say. Smoking was my escape, my way of dealing with stress, and of avoiding saying the things I should have said. And of course, then I would give myself a really hard time about the smoking. I knew that I needed to work this out for myself and find new ways of dealing with the stressors that always led me to smoke again."

#### Two new motivations to quit

Dawn recalls that she was still in an endless cycle of smoking and beating herself up about it when two dramatic things happened. At the time, she was a customer service officer with Ansett airlines. When Ansett collapsed, she lost her job. Dawn remembers sitting on a step outside her sister's house bemoaning the loss of her job and knowing that she couldn't afford to keep smoking. Her seven year old nephew was watching her and blurted out "YUCK. I hate you Aunty Dawn; you stink."

"This was my trigger to stop smoking. For my nephew to look at me in such disgust, I knew I had to quit. I also knew I couldn't afford to keep smoking. I broke up the cigarette I was smoking and then the rest of the packet. I knew that it needed to be different this time and I did something radical; I bought myself a new car as a reward for giving up smoking. I couldn't afford to smoke, and with my new car and no regular job, I really couldn't afford to smoke."

#### Some tough withdrawal symptoms

Even though Dawn was committed to quitting smoking, it was tough. She remembers feeling agitated and physically sick. She felt remorse for all the years she had smoked, and experienced social anxiety because she didn't have smoking as a crutch at parties and in awkward social situations anymore.

#### Managing nicotine withdrawal and building a new life of healthy habits

When Dawn's doctor explained about the nicotine receptors in her brain that make nicotine addictive, she felt like the penny had finally dropped. She was addicted to nicotine, and if she was to stay quit, she would need to find new and healthier ways to increase her 'feel-good' hormone, dopamine, that smoking had previously provided. She would also need new routines to avoid her smoking triggers.

"I started by changing a lot of my routines. I stopped meeting up with friends who smoked; I just couldn't be around them while I did this. I associated coffee with smoking, so I gave up coffee for two years. I had been practising yoga for a while and that gave me a new habit: instead of lighting up a smoke straight after work, I went to a yoga class. It also helped me cope with stress and with the anxiety and restlessness that were part of nicotine withdrawal."<sup>2</sup>

Dawn's next challenge was to manage the weight gain she was experiencing after quitting smoking. So she made a deal with herself, to focus on being healthy and give her body an opportunity to heal. "I took the focus away from coming home and having a cigarette, or coming home and overeating, by absorbing myself in cooking a healthy meal instead. Then I felt good about myself and started losing weight, so I began to see quitting as a positive thing."

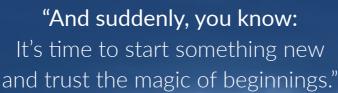
#### Dawn's top tips for quitting and managing nicotine withdrawal

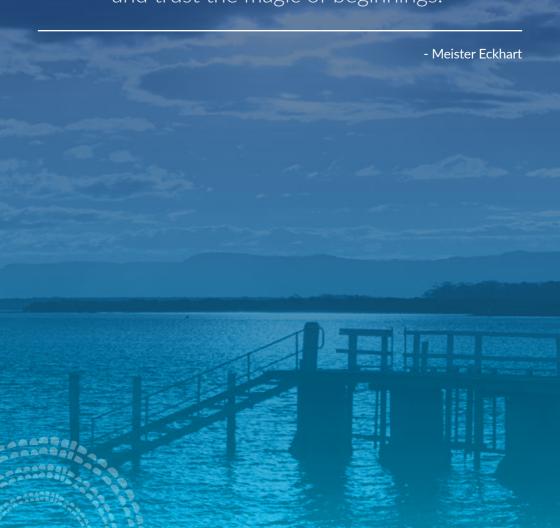
"I gave myself lots of healthy new things to do that made me feel better about myself and helped me and my body to heal", says Dawn. To do this, she:

- ✓ Told friends that this was the hardest thing she was ever going to do and to please help her by being compassionate, patient and supportive
- ✓ Took up walking to fill time that she would previously have spent smoking.
- ✓ Wrote in a journal to express her thoughts and emotions
- ✓ Surrounded herself with a few good friends who she knew would be supportive
- ✓ Threw away clothes that smelt of smoke and bought herself beautiful new clothes with the money she had saved by not smoking
- ✓ Played calming music at home
- ✓ Lit candles to make her now smoke-free home smell even better

"And then it was time for some serious goal-setting", she says. "I gave myself goals of places I wanted to travel to from the money I had saved by quitting. I put these up on the fridge and they gave me powerful reasons to not go back to smoking."

"Seventeen years on, Dawn is a yoga and meditation teacher, is still travelling, and has never smoked again"





## Kerri's Story

"When I was a smoker, I had every excuse in the book to continue to be one, but my favourite one to pull out of my hat was my youth. I would say, "My uncle Arthur smoked from the time he was 16 to the day he died at age 80. My aunt Del has been smoking since she was a teenager. Nothing is going to happen to me now, only during the BAD part of my life, the end part!

So I continued to smoke. I LOVED to smoke. It was a huge part of my social life, my alone time, my escape. But being an active young person with a family, my limitations were becoming more and more painfully apparent. I couldn't chaperone field trips. I couldn't go to more than one store and bring my kids. I couldn't go to the movies. I couldn't race my kids down the street or even toss a Frisbee for any length of time. Not only that, my circle of friends didn't really smoke anymore, so I found myself either sneaking out to smoke, or turning down evenings out for fear of being the "odd man out."

Then one day, my son heard me coming home from 'happy hour' with my co-workers. He greeted me with "I knew you were home mom, I recognized your cough."

At 31, I now had a recognizable, nagging cough. This is not normal for a 31-year-old woman."

## Kate's Story

"I had wanted to quit for years. Falling pregnant was the biggest real reason to try again, but try as I might, I couldn't do it."

I called Quitline hoping they would be able to help, it may work for others, and everyone is different. And just because it didn't work for me, doesn't mean it won't for you. I tried patches, they didn't work, I tried gum and all it did was make me feel sick.

I went through my entire pregnancy feeling guilty and full of stress due to my marriage falling apart, but mostly feeling guilty and shameful for smoking while I was pregnant.

The night I went into labour was the night I quit. I smoked my last cigarette at 11pm and said, that's it, when I walk out of this hospital a mother again, I will not be a smoker. For me, that is what worked

Three days in hospital, no smoke smell, and unable to see smokers, I walked out a non-smoker. My daughter is now three and I have not touched a cigarette since that night. The mere smell of smoke makes me feel ill. It is one of the best things I have ever done. All it took for me was that three days break and the mindset that I never wanted to put another cigarette near my lips again, for me, and more importantly, for my kids.

Good luck, you CAN do it...

## Liz's Story

"The cravings will decrease and it will get easier"

"I gave up 7 years ago. One of my reasons was that I had a very bad dose of the flu and couldn't breathe. I knew giving the cigs away would help. For me, quitting was something I could do to improve my health for myself.

I convinced myself that smoking was a habit that I didn't want to have any more. I feel fantastic and look a lot younger than I am and have lovely skin. Also the cost! I nearly fell over when I heard someone in front of me at the supermarket paid \$50 for a pack of 50 - good grief!

Fast forward to today. My mother has been diagnosed with COPD after a lifetime of being a heavy smoker. To see her now is very sad. She cannot walk more than around 10 meters before she needs to stop and catch her breath. In short, I am watching my mother die a cruel horrible slow death caused by smoking."

## Jeff's Story

"Today is my eight year anniversary of quitting. I smoked for 15 years and it took me 7 attempts to quit, but I finally did it. It is so much worth it. My wife says she can hardly remember me smoking. To all those out there in the first days and weeks of the quit, stay strong, because it is hard to quit but you can do it."

# Dee's story

"I can walk my dogs without being out of breath, my skin went from looking dry and greyish to looking healthy with colour"

"I'm 41 and have been smoking since I was 14. I had been told many times in hospital that I should quit because of my chronic asthma. Every night I would need my Ventolin, waking up all through the night wheezing and finding it hard to breathe. My children would ask almost every day, 'when will you quit?' I would also think every day - 'why am I even doing this?' When I smoke I feel drained, dirty, smelly, tired.

One day I downloaded the My QuitBuddy app and decided that was it. I needed to 'cold turkey it' and go through the withdrawals. I was grumpy, and had this feeling of a lump in my chest for the first week, my head was screaming, 'have a smoke! have a smoke!', but once I got through day one I was thinking – 'I'm never doing a day like that again'. Once I got through week 1 I was thinking I'm never ever doing that week again... Same with week 2, then it was 1 month and finally, one year.

I started at the gym after I quit and lost 20kg in that year, after a few months I no longer needed my Ventolin. I can walk my dogs without being out of breath, my skin went from looking dry and greyish looking, to healthy with colour, I don't have the drained all day feeling, and I don't feel dirty. I recently had a health scare which put me in hospital and I'm not sure my body would have been able to fight the fight if I was still gasping for air...Guess you could say quitting played a part in saving my life in more ways than one."

## Jayden's Story

"It started from one night I went to the gym and I was running on the treadmill and doing other fitness and during it my chest started to hurt like a knife or like a pin was stabbing my lungs and that sort of made me realise that I'm not immortal and this is actually hurting my health.

So since that day I haven't smoked - so really I think it's all up to you to quit. I never worried about the patches and all that I honestly think it's you that needs to realise that smoking is pointless and you're just slowly killing yourself."



- Gordon B. Hinckley



# Quitting With Nicotine Therapy Replacement (NRT) Products

#### "An amazing product" Todd quits using NRT Inhalator

**Have you successfully quite using this product?** Yes **Gender:** Male **Number of Times Attempted to Quit:** 3 **Age:** 35 to 44

"This product has been a great help for me during my giving up cigarettes mission... It really help take the edge off the cravings and the fact you still have something in your hands seems to help so much... I would strongly recommend this product to anyone serious about giving up smoking as a very helpful aid in assisting with breaking the habit... Good luck to all. I would like to sincerely thank Nicorette for this amazing product..."

## "I smoked a minimum of 15 cigarettes daily for 45 years" Visco quits using NRT Patches

Have you successfully quite using this product? Yes

Gender: Female

Number of Times Attempted to Quit: 5

Age: 65 or over

"Thanks to Nicorette I ceased smoking immediately on applying the first patch. I highly recommend Nicorette as being 100% effective."

#### **Quitting using Inhalator**

**Have you successfully quite using this product?** Still on my quit journey **Gender:** Male **Number of Times Attempted to Quit:** 4 **Age:** 18 to 24

"I enjoy the feeling of this product, it mimics the feeling of a cigarette well (Used to smoke White ox and Marlboro reds) Keeps my hands busy and helps me manage cravings although quitting is one of the hardest things I've done this helped me through my first week, would recommend to people that used to smoke harsh cigarettes as the throat hit is very similar to that."

## **Tools to Quit**

#### **Nicotine Replacement Therapy**

Nicotine Replacement Therapy gives you nicotine without the added harmful and cancerous chemicals that are found in tobacco. It is designed to help relieve withdrawals by giving you a safe amount of nicotine.

#### Nicotine Replacement Patches

NRT Patches are worn to slowly release Nicotine so it can be absorbed through the skin and enter the bloodstream.

Recommended way to use them? You can start using the patches the day you quit smoking or start using them two weeks before your quit date, this can be helpful if you're going to cut down to quit.

#### For both methods:

- Use one nicotine patch per day and apply first thing in the morning to clean, dry, hairless skin (arm, chest, and hip)
- Apply to a new part of your body every day. After 2-3 days you may apply to the previous spot if there is no signs of irritation
- Before you go to sleep, remove the patch and dispose of it

#### Nicotine Replacement Lozenges

Nicotine Lozenges are a small, candy-like lolly that are dissolvable and the nicotine is absorbed through the mouths linings.

#### Recommended way to use them?

- Place the lozenge in your mouth and occasionally move it from one side of your mouth to another.
- Do not chew or swallow.
- Repeat step 2 until the lozenge dissolves completely (about 16-19 minutes)

#### Nicotine Replacement Inhalator

Nicotine Inhalator is made up of a plastic mouthpiece and plastic tube, with a cartridge containing 15mg of nicotine. When you inhale through the mouthpiece, nicotine vapour is released and absorbed through your mouth and throat.

#### Recommended way to use them?

- Line up the markers and pull each end in the opposite direction
- Insert the cartridge into the mouthpiece and twist to close securely
- When you have a craving take a shallow puff about every 4 seconds or take 2 deep puffs every minute. Each cartridge lasts for approximately 40 minutes of frequent puffing

#### Nicotine Gum

Nicotine Gum is similar to a chewing gum absorbed quickly through the lining of your mouth helping to effectively relieve your nicotine cravings.

#### Recommended way to use them?

- Chew the gum slowly till the taste becomes strong
- When the taste is strong, rest the gum between your mouth's jaw and cheek. Your mouth's lining absorbs the nicotine
- After the taste has faded, resume chewing the gum until the taste becomes strong again
- Keep repeating steps 2 and 3 until nicotine craving disappears

#### Nicotine Quickmist Spray

Nicotine QuickMist Spray is a small hand held dispenser spray that contains 150 doses of nicotine. Mouth Sprays allow faster absorption and may reduce cravings much faster.

#### Recommended way to use them?

- Push the black button down until you can push it lightly inwards
- While pushing the button in, slide upwards and continue until the top of the dispenser clicks into place
- Before using for the first time, prime the pump by pressing the top firmly into a tissue until a fine mist appears. If you don't use the spray for a couple of days you might need to repeat this step

- Press the top of the dispenser firmly to release one spray into your mouth either under your tongue or on the inside of your cheek, avoiding your lips. For best results wait a few seconds before swallowing. Do not inhale the spray it shouldn't spray into your throat
- To close the dispenser, slide the button down until it can be pushed lightly inwards. Then, while pushing in, slide back down to lock.

#### Nicotine Replacement Lozenges

Combination therapy is using the NRT patches and an oral product including the Lozenges, Gum, QuickMist spray and Inhalator.

This method is good for people who are heavy smokers or have found it hard to overcome strong cravings.

#### Will you receive too much nicotine?

Research shows that using two different products at the same time does not lead to an increased risk in side effects. Whilst Nicorette products replace some of the nicotine your body receives from smoking, it is at a much lower level.

#### **Deciding To Quit Checklist**

- ✓ I WILL reduce my risk of heart attack
- ✓ I WILL feel fitter
- ✓ **I WILL** set a great example for the children around me
- ✓ My lungs WILL start to recover and be able to clean themselves properly
- ✓ **I WILL** have more money to spend any way I choose
- ✓ **I WILL** give myself a confidence boost by quitting cigarettes

# IT IS IN YOUR MOMENTS OF DECISION THAT YOUR DESTINY IS SHAPED.

**Tony Robbins** 

## What happens to your body when you quit?

#### **WITHIN 6 HOURS**

 Your heart rate slows and blood pressure becomes more stable

#### WITHIN A DAY

- Almost all of the nicotine is out of your bloodstream
- ✓ The level of Carbon Monoxide in your blood drops and oxygen more easily reaches the heart and muscles
- ✓ Your fingertips become warmer and your hands may be steadier

#### WITHIN A WEEK

- ✓ Your sense of taste and smell may improve
- ✓ Your lungs natural cleaning system starts to recover, becoming better at removing mucus, tar and dust from your lungs
- ✓ Your vitamin C blood levels improve

#### **WITHIN 2 MONTHS**

- You cough and wheeze less
- ✓ Your immune system begins its recovery so your body is better at fighting off infection
- ✓ Your blood is less thick and sticky and the blood flow to your hands and feet improve

#### WITHIN 6 MONTHS

✓ You are less likely to cough up phlegm

#### **AFTER 1 YEAR**

 Your lungs are healthier and you are breathing easier than if you'd kept smoking

#### **WITHIN 2 TO 5 YEARS**

- ✓ There is a large drop in your risk of a heart attack and stroke which continues to decrease overtime
- ✓ For women, the risk of cervix cancer is the same as someone who has never smoked

#### **WITHIN 10 YEARS**

✓ Your risk of lung cancer is lower than that of someone who still smokes

#### **AFTER 15 YEARS**

✓ Your risk of heart attack and stroke is close to that of a person who has never smoked

# Activity

Write down the reasons why you want to smoke and why you want to quit. List all of your reasons on both sides and circle the three most important ones on each list, then on only one list – put a star next to the one most important to you.

REASONS WHY I SMOKE	REASONS WHY I WANT TO QUIT

<sup>\*</sup>Your decision and answers might be very similar and one side may be the clear winner. The thing is to decide which you most want to do and act on your decision.

## 10 Reasons to Quit

#### √ Smoking can cause 16 types of Cancer

These include lung, mouth, throat, nose and sinuses. Oesophagus, bladder, kidney, ureter, pancreas, stomach, liver, cervix and ovaries. Bowel and acute myeloid leukaemia.

#### √ Money you could save when you quit smoking

If you smoke a packet everyday that's roughly \$130,000 spent on smokes in 10 years

#### ✓ People who smoke can lose more than 10 years of their life

Smoking your whole life reduces your life expectancy by more than 10 years compared to someone who has never smoked.

#### √ Your body can begin to repair itself only 6 hours after your last smoke

6 hours after your last smoke your heart rate slows down and blood pressure becomes more stable, within a day almost all of the nicotine is out of your bloodstream and up to 15 years without smoking the risk of a heart attack is close to that of a person who has never smoked.

#### ✓ Quitting for your family and friends

It can benefit your whole families and friends health and wellbeing. You can spend more time with them and money that is spent on smokes can be used towards other expenses for yourself and family.

#### ✓ Pregnancy

If you are a smoker and wanting to fall pregnant or are pregnant it is possible that health problems can happen to the mother and baby including miscarriage, still birth, pre-term delivery, low birth weight and sudden infant death syndrome.

#### ✓ Second-hand smoking

Non-smokers who are exposed to second-hand smoking have a higher risk of ill health and disease caused by tobacco smoke, including lung and heart disease.

#### ✓ There are 7000 chemicals in smokes

Every time you take a puff of a smoke, 7000 chemicals are entering your lungs and spread to other parts of your body. 69 of those chemicals cause cancer.

Smoking rates in Indigenous people are much higher than those who aren't Indigenous Studies have shown that smoking rates in Indigenous people are 28.5% higher than non-Indigenous which is double the rate.

#### √ Smoking can cause Insomnia

Smokers have been observed to have problems falling asleep and staying asleep. Smoking can also lead to snoring and sleep apnoea which can also affect the quality of sleep. Sleep apnoea happens when a person's throat is partly or completely blocked while they are asleep.

## What do ex-smokers have to say?

"The toughest part was breaking my habit. I has lots of hard lollies now so when I get the craving that helps"

#### What you can do?

Find something that will distract your mind when you start to crave a cigarette.

"It's never too late to quit smoking. Make the right decision, make a positive change in your life, you will see it is worth it. Stop giving power to cigarettes and start giving power to yourself to be who you want to be"

#### What you can do?

Use the pages provided in the booklet and write down positive changes that quitting will bring to your life.

"I still get my urges but I keep reminding myself of why I quit"

#### What you can do?

Make a list of reasons why you want to quit and the benefits. You'll find a page for this in the booklet.

"I smoked less, but I still smoked"

#### What this means?

You can cut down on smoking but it will not change the risks it has on your health.

"There is never a reason to smoke"

#### What you can do?

Think about the reasons why you smoke and use the pages provided in the booklet to write your answers.

"You do not love smoking, you love the relief you feel when you smoke"

#### What you can do?

Compare the feeling you get when you smoke and how it makes you feel to the way you would feel after you quit smoking and the advantages it has on your health.

"I quit Cold Turkey and living with smokers I have no desire to have one. I was ready and set in my mind I was done"

#### What you can do?

Ensuring that you're in the right mindset is key, having a strong and healthy mind is what will help you quit.

"Keep trying, never stop stopping... it was my 6th attempt so we do have success"

#### What does this mean?

No matter how many times you have attempted to quit you haven't failed till you stop trying. This is important to remember because you shouldn't add any pressure on yourself.

"We have always known what smoking can do to but we never thought it would happen to us"

#### What does this mean?

Everyone knows something about what smoking does to your health but no one ever expects it to happen to them. Understanding you're not invincible and smoking can catch up to you.

## Remember to do these four things what you have a craving:

**DELAY:** Remember that the worst cravings last for only a few minutes and will become even less frequent the longer you have quit.

**DEEP BREATHE:** This should help you relax and focus your mind on something else.

DRINK WATER: It is a good idea to drink plenty of fluids to help flush the nicotine and other toxins out of your system.

#### DO SOMETHING ELSE:

You could go for a walk, to the movies or visit a supportive friend. Try eating healthy foods or cleaning your teeth when you start to crave a cigarette.



### It is too late to quit. The damage is done. Wrong

#### Fact: The damage from smoking improves quickly after quitting at any age.

Many of health effects of smoking reserve quite rapidly after quitting any age. Quitting before the age of 50 reduces your risk of dying in the next 15 years by half. The benefits of quitting are greatest when you stop earlier. However, even quitting at 60 years of age increases life expectancy by 3 years compared to those who continue to smoke.

# Nicotine replacement therapy (NRT) is as harmful as smoking. Wrong Fact: NRT products are always much safer than smoking.

NRT replaces some of the nicotine your body receives from smoking but at a much lower level. Most of the harm from smoking is caused from the tar and carbon monoxide.

## Using more than one form of NRT (such as nicotine patch + nicotine mouth spray) is unsafe. **Wrong**

## Fact: Combining more than one form of NRT can be used safely to help you quit.

If you combine a nicotine patch with the nicotine mouth spray, lozenge, gum or inhalator it gives you better relief of cravings and nicotine withdrawal symptoms and increases chance of quitting. It also causes no significant increase in side-effects.

#### Smoking helps to relieve stress. Wrong

#### Fact: Research has shown that smoking increases stress levels overall.

Much of the apparent calming effect of cigarette is simply due to the relief of symptoms (such as irritability, anxiety and restlessness) caused by nicotine withdrawal. Some of the relaxation comes from taking a break and a few deep breaths, not the cigarette itself. Smoking increases stress by causing frequent withdrawals periods during the day between cigarettes.

# Champix (Varenicline) can make you depressed and suicidal. **Wrong Fact**: **There is no scientific evidence that Champix causes these symptoms.**

There have been reports that some patients using Champix became depressed, agitated, had changes in their behaviour, suicidal thoughts or actually committed suicide. However, a careful review of all scientific evidence found no evidence that Champix was the cause.



## Smoking just a few cigarettes daily is fairly harmless. Wrong

Fact: The research shows the health risks from lightly smoking are substantial.

Smoking only 1-4 cigarettes daily have 3 times the risk of dying from heart attack and 3-5 time the risk of dying from lung cancer compared to non-smokers. Overall the risk of death compared to any non-smoker of any cause is increased by 57%. Other conditions proven to be increased in light smokers include gastrointestinal cancers (oesophagus, stomach and pancreas), lower respiratory tract infections and cataracts, reduced fertility in men and women, ectopic pregnancy, placenta praevia and reduced bone mineral density.

#### Smoking while using NRT is dangerous. Wrong

Fact: Smoking while using NRT is no more dangerous than smoking.

There has been studies that have shown no significant side-effects from using NRT while smoking.

### Nicotine is the major toxic ingredient in cigarettes. Wrong

Fact: Nicotine is the addictive drug in cigarettes but it causes a few other health effects.

There are 70 known cancer causing agents in tobacco smoke but nicotine is NOT one of them.

# Hypnotherapy or acupuncture are effective quitting strategies. Wrong Fact: There is no good evidence that hypnotherapy or acupuncture are effective in helping smokers quit.

These treatments generally do no harm and some people will quit successfully due to the placebo effect. However it would make more sense to use other treatments that are proven to be more effective.



Cutting down your cigarettes or smoking mild cigarettes reduces harm from smoking. **Wrong** 

Fact: Cutting down your cigarette intake or changing to milder cigarettes does not improve your health and does not significantly reduce your risk of dying from smoking-related disease.

If you smoke fewer or weaker cigarettes, you smoke each cigarette more intensely to extract more nicotine and keep your nicotine level in your comfort zone. You take more and deeper puffs from each cigarette to compensate for the reduced number or weaker cigarettes.

#### Only a handful of dangerous toxins can be found in tobacco smoke. Wrong

Fact: Actually, the number is closer to 250. Of these harmful chemicals, at least 70 of them have been proven to cause cancer, a list that includes arsenic, formaldehyde, nickel and chromium. The other 180, such as carbon monoxide, ammonia and hydrogen cyanide, are harmful to the human body in other ways.

Put another way, these same chemicals could be ingested by sucking on an exhaust pipe, eating rat poison, drinking lighter fluid or licking a car battery, actions no sane person would take. And non-smokers who happen to walk through a cloud of tobacco smoke are exposed to all the same toxins.

Non-smokers cannot get lung or other cancers from tobacco smoke. Wrong Fact: Second-hand smoke is a carcinogen and inhaling it can cause lung cancer in non-smoking adults.

Living with a smoker increases a non-smoker's chances of developing lung cancer by an estimated 20 to 30 percent. Approximately 7,300 non-smokers die every year in the U.S. from lung cancer caused by second-hand smoke.

# My Quitting Plan

MY	MAIN REASONS TO QUIT:
THE	SUPPORT I HAVE:
THE	NICOTINE REPLACEMENT THERAPY I WILL USE:
MY	THREE MAIN TRIGGERS TO SMOKE:
INST	TEAD OF SMOKING, I WILL:

#### I will begin my QUITTING JOURNEY by:

- O Calling the Quitline on 13 78 48
- Making an appointment with my doctor
- Setting a quit date
- Speaking with the Tackling Indigenous Smoking Team
- \*Make changes and add to your plan as you need, strategies may need to change as you go.

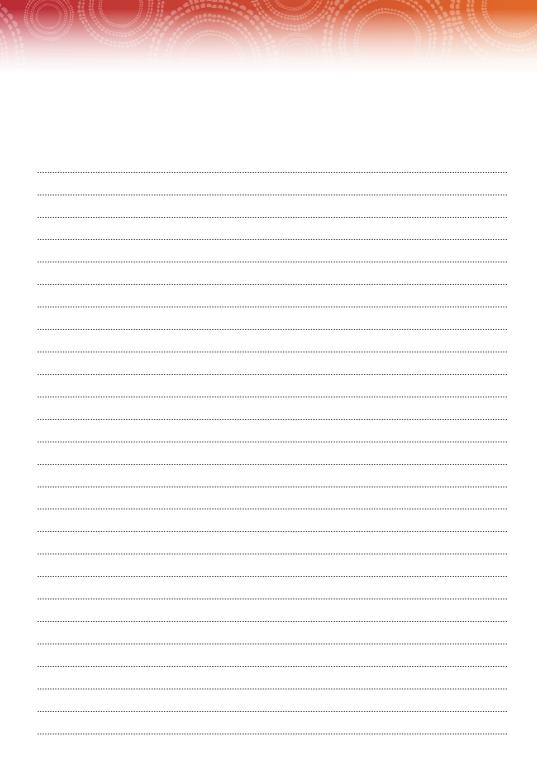
## Something to try

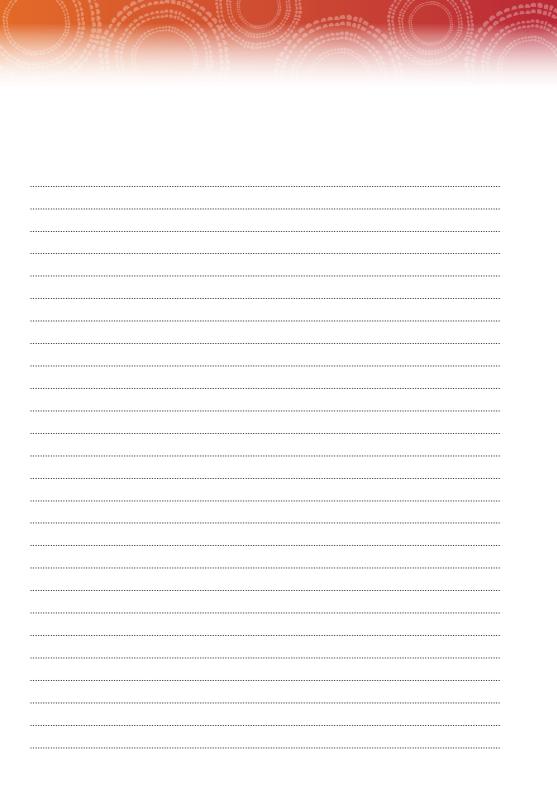
During the first week, it might help to make changes to your QUITTING PLAN:

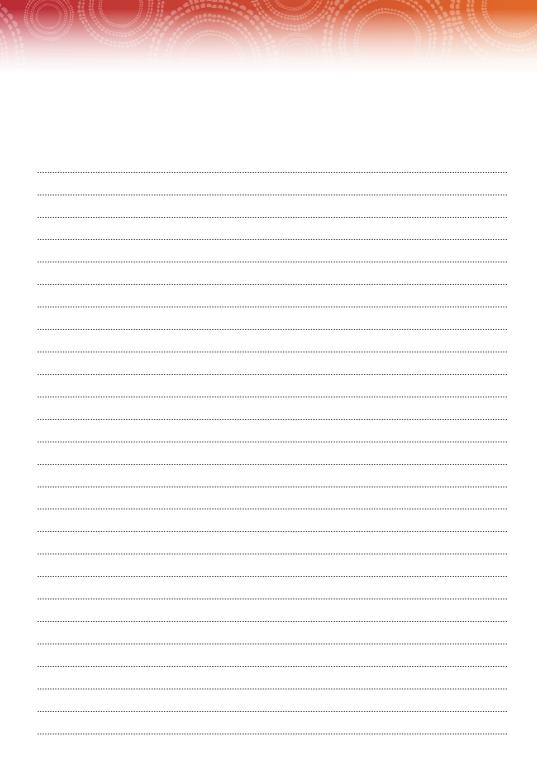
- ? Think about the ideas you wrote down, are they working?
- ? What can you change?
- ? In what situations have you had trouble with cravings?
- ? How can you deal with this next time?

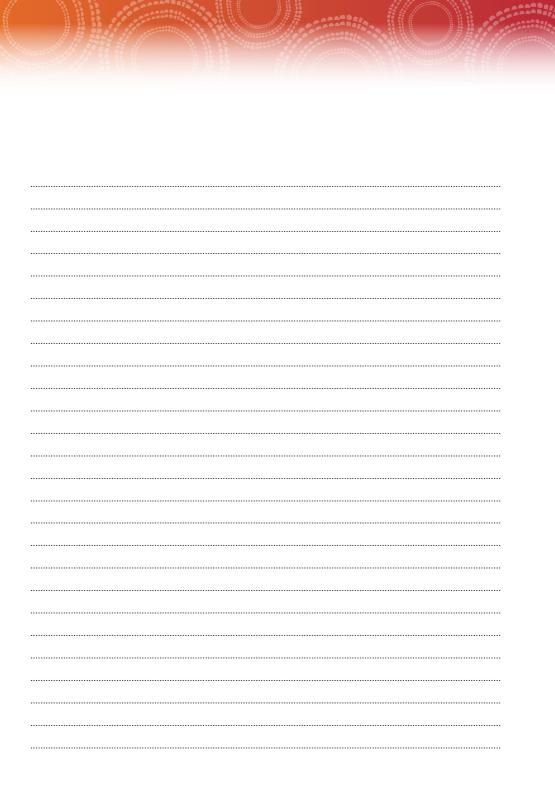
## Your notes

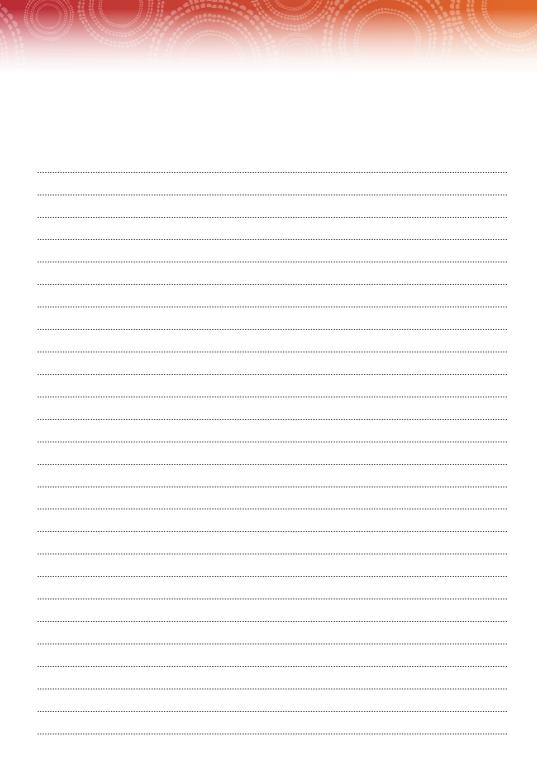
Use these pages to write down anything you like. For example, when you start to have cravings, use these pages to write down the emotions and feelings you get and what you can do to help it.	











## Resources to support your quit smoking journey

#### **ONLINE SUPPORT**

- <u>ICanQuit</u> is a free online resource that provides you with tools to help you along your quit
   journey and allows you to hear the stories of others.
- QuitCoach smoking advice is a free online tool that provides you with a personalised quitting plan and quit.
- My QuitBuddy is a personalised app to help you quit smoking and track your progress. There is also a community board where you can gain motivation and support from other people quitting.
- Quit for you Quit for two' is a free quit smoking app for mums-to-be that can be downloaded from the Apple iTunes online store or at Google Play store.
- The Quit Now Calculator helps you work out how much money you could save if you quit smoking.
- Make Smoking History assists smokers to quit by providing them with information and resources to help plain their quit attempt.

#### **TELEPHONE SUPPORT**

- Aboriginal Quitline (13 QUIT or 13 7848) provides culturally appropriate and tailored quit smoking services to Aboriginal people. When you call ask you're an Aboriginal advisor.
- Quitline (13 QUIT or 13 7848) is a confidential and individually tailored telephone service to assist you in the process of quitting smoking. NSW Quitline advisors are available Monday to Friday 7am to 10:30pm and Saturday, Sunday and public holidays 9am to 5pm.

# PRODUCTS THAT ARE AVAILABLE TO SUPPORT YOU WHEN QUITTING

- Nicotine Replacement Therapy Patches
- Nicotine Replacement Therapy Gum
- Nicotine Replacement Therapy Lozenges
- Nicotine Replacement Therapy Mouth Spray
- Nicotine Replacement Therapy Inhalator

You can find out more about these products and the supplies for these by contacting your Tackling Indigenous Smoking Team on 1800 215 099 or 4448 0200.



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## Please contact the Tackling Indigenous Smoking Team:





South Coast **Medical Service** 

