

SMOKERS decided to give up?



The traditional smoking ceremony cleanses and protects the strength of the spirit. Tobacco smoking is not part of our culture and harms the body.

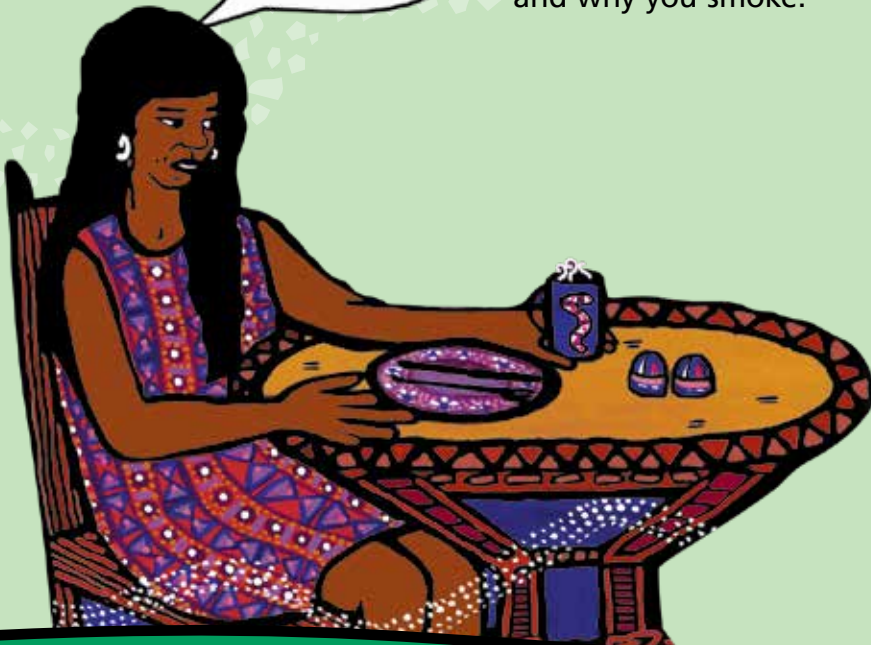
The best thing a smoker can do for their health is quit smoking.

This booklet is written for people who have decided they want to stop smoking. You can use this booklet on your own or a health worker can help you through it. You can also see your doctor, nurse or call the Quitline on 13 7848 (13 QUIT) for the cost of a local call.

You could also give this booklet to a family member or friend – they might give up the smokes with you.

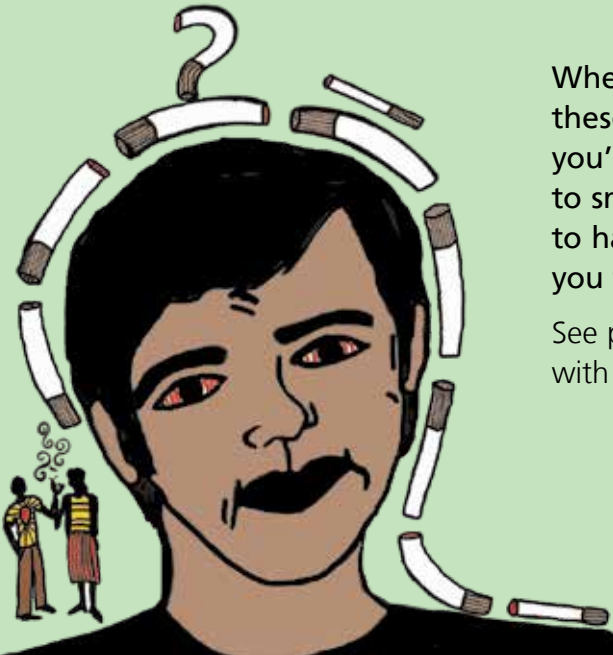
Breaking the habit...

Giving up smokes is easy for some people and hard for others. Knowing what's going to happen after you have had that last smoke can help. When you have smoked for a long time having a cigarette becomes automatic. One of the first things that will help you to quit smoking is to know **when** and **why** you smoke.



When do you smoke?

- When I wake up
- When I have coffee or a cup of tea
- When I answer the phone
- When I am having a yarn with friends
- After a meal
- When I have an alcoholic drink
- When I am tired
- When I am worried, stressed or upset
- When I am sad
- When I am annoyed or angry
- When I have a break at work
- _____
- _____
- _____



When you stop smoking these are the times when you're most likely to want to smoke. So you may need to have other ways to help you through these times.

See page 6 for ways of coping with challenging times.

How do I stop?

Many smokers make a decision to stop straight away. Some people decide on a '**quit date**' and don't smoke any more from that day.

If you have a smoke when you wake up in the morning and smoke more than 10 cigarettes a day, you can use nicotine patches, gum or other products to help avoid or lessen withdrawal symptoms.

Nicotine withdrawal symptoms like moodiness, dizziness and broken sleep show that your body is recovering and getting rid of all the poisons. It is important you use nicotine replacement products for **at least 8-12 weeks**, see page 8 for more information or ask your health worker.



Cutting down

Some people prefer to cut down their smoking before they quit altogether. This is okay if you are planning to give up in the next 2 weeks, but cutting down can sometimes increase the health risks, because:

- when you're hanging out for a cigarette, you may drag on the smoke more deeply, puff more often, and smoke more of the cigarette, just to get your nicotine levels up to 'normal'
- you get more carbon monoxide (the gas that robs your blood of oxygen) when you smoke this way
- when you inhale deeply, the smoke burns hotter and does more damage to your lungs
- it is hard not to have just one more smoke, especially when you are with friends who are smoking.

Because nicotine is so addictive, smokers often find it easier to just stop, rather than cut down. If you need to cut down, use nicotine replacement products such as the gum, lozenges, mouth spray or inhaler, so that you don't need to inhale as deeply, and with the aim of quitting soon.


Remember, it's never too late to quit smoking and the sooner you quit the better. Even if you have smoked for many years, quitting will bring you many benefits.

Tobacco and yarndi (marijuana)

Nicotine is an addictive drug which is found in tobacco. Tobacco and yarndi smoke both contain harmful chemicals which are absorbed into your body when breathed in. This exposes the smoker's lungs to greater risks of developing illnesses like bronchitis and lung cancer.



What to expect when you quit



I won't go to the pub. I'll visit my nephew instead. He doesn't smoke.

Coping with cravings (hanging out for a smoke)

Craving is your body's response to not having cigarettes and the nicotine. You may often crave a smoke when you stop, at least for the first couple of weeks. This is because your smoking may be a habit built up over many years.

Using nicotine replacement products like the patches and gum will help with the cravings. These products have less nicotine in them than tobacco smoke and none of the thousands of other poisons.

Spend time with friends who don't smoke until you feel more in control

For the first 2 weeks

- cut down on coffee, tea, cola and energy drinks that are high in caffeine and try to avoid alcohol
- try to avoid friends who smoke – put off going to BBQs or parties until you are past the times when you crave a smoke
- make sure everyone smokes outside the car and home at all times.



Cravings only last 5 minutes at the most

- do something to take your mind off the next smoke
- have healthy snacks at hand
- a few minutes exercise will also help to get through the craving.

Smoke free zones

Not smoking in your home, car and workplace increases your chances of quitting. It's also good for those around you like babies, children and older people.

Make you car and home smoke free



Reward yourself

Think cash, not ash. Your money will no longer be going up in smoke. If you spend 100 a week on cigarettes then you will save more than \$5,000 for each year you don't smoke.

What else can help you quit smoking?

Nicotine patches, gum, lozenges, mouth spray, inhalers, Champix or Zyban can help you quit if you:

- smoke first thing in the morning
- have tried to quit before
- had withdrawal symptoms last time you tried to quit.

Nicotine gum

Chew gum slowly when you feel like a cigarette. You only need to chew it enough to soften it, then park the gum between your gum and cheek. Nicotine is released and absorbed through the lining of your mouth. Do not chew gum when eating or drinking.



Nicotine patches

Nicotine (the same drug that's in tobacco) is absorbed from the patch into your blood through the skin, it stops you feeling like having a smoke. You stick the patch onto your skin and change it every day.



You can buy patches from chemists and some supermarkets and they cost less than a pack of cigarettes per day.

All Aboriginal people can get mid strength patches for free with a script from a doctor.

Nicotine lozenge

Works the same way as the gum, except that you suck it. Move the lozenge around your mouth every now and then. Do not eat or drink while sucking the lozenge.

Nicotine mouth spray

Direct the spray onto the inside of the cheek or under the tongue. Don't spray onto the lips or throat.

Nicotine inhaler

Puff on the inhaler just like a cigarette.



Ask a health worker about

- nicotine replacement therapy (NRT) and how to use NRT correctly
- how to use NRT products together
- the most suitable NRT for you.

IMPORTANT!!

Remember when using the gum or lozenge do not swallow the nicotine. Nicotine must be absorbed in the mouth as it will not work if you swallow it.

Ask your doctor...

Champix

Champix is a tablet that can help reduce your desire to smoke. Talk to your doctor if you are interested in trying this product.

Zyban

Zyban is a tablet which helps to reduce withdrawal symptoms and cravings for cigarettes. Ask your doctor about it.

If you need further information a health worker can help you. You can also see your doctor, nurse or call the **Quitline on 13 7848 (13 QUIT)**.

It's important to use these products for **at least 8-12 weeks** until you've beaten the 'habit' of smoking. Then you can give up nicotine products altogether, as you're no longer addicted to nicotine.

If you are pregnant you should speak to your health professional before using gum, lozenges, mouth spray, inhalers and patches.



REMEMBER...

All of the nicotine replacement products have less nicotine than you get from smoking and they have none of the other 7000+ dangerous chemicals that are in tobacco smoke.

Recovering from smoking

As your body is recovering from smoking, you may experience some of the following symptoms when you quit. Remember, these will pass, and most within the first 2 weeks – so hang in there! Here are some ideas for dealing with these symptoms.

Recovery Symptoms

Feeling restless, tense or angry

Tips

- Breathe deeply
- Do some relaxation exercises
- Go for a walk, do something active
- Listen to music or have a bath.

Having difficulty sleeping

- Relax
- Listen to music
- Have a hot, milky drink
- Exercise during the day.



Having trouble concentrating

- Make lists.
Plan to do one task at a time.

Increase in appetite and weight gain

- Snack on healthy foods
- Limit sugary and high-fat food and drinks
- Be active, do some exercise you enjoy.



Coughing



- Drink water, add ice it might help
- Suck on a throat lozenge.

Hard things about giving up smoking

I don't think I have
the willpower
to do it

Quitting smoking will test your willpower. It's good to remind yourself why you are quitting. And feel good that you are controlling the smokes rather than them controlling you. Some people like to remember that the money they spent on smokes is now in their pockets.

Someone who spends \$100 a week on cigarettes can save over \$5,000 a year! Nicotine patches, gum, lozenges, inhaler and mouth spray. Champix or Zyban can make quitting much easier.

I'm feeling down

Some smokers feel irritable, angry, sad and moody when they stop smoking. This is because they are letting go of a habit that has been a comfort over the years. It can also be due to withdrawal of nicotine. These feelings do go away. Having friends and family around can help.



How will I cope with stress?



Lots of our mob use smokes to help with stress. As a smoker, when you feel angry or pressured, you have a smoke to relax. **Being addicted to the nicotine in smokes causes the stress in the first place.**

Here are some ways of coping with stress:

- Take slow deep breaths when you feel pressured or angry
- Do some exercise, like walking or running. Exercise helps you relax and clear the mind
- Talk to other people about your stress or worries
- Do things you enjoy
Give yourself a break.

What if I slip up?

Many smokers slip up and have a smoke when they are trying to quit. The main thing is to try again.

Most people who want to quit go on to quit successfully even after a few attempts.

Take one day at a time – every day without a cigarette makes you a winner.



Good things about giving up smoking

<p>A couple of weeks after stopping I wasn't thinking about it as much</p>	<p>During withdrawal you may not be able to stop thinking about smoking. But it gets easier and over time you won't feel like you are controlled by the smokes.</p>
<p>I felt healthier almost straight away</p>	<p>As soon as you stop smoking, your risk of cancer, stroke and heart disease goes down. Soon after quitting you will begin to feel healthier, have more energy and find it easier to breathe. Remember you may cough a bit more at first because you are cleaning your lungs out.</p>
<p>I feel in control</p>	<p>You don't have to worry about running out of smokes any more.</p>
<p>My kids have stopped nagging me about my smokes</p>	<p>Your children will be happy that you're not smoking anymore. It can feel like a weight lifted off you.</p>
<p>I smell better now</p>	<p>Many ex-smokers like the fact that their breath and clothes do not smell anymore.</p>
<p>I have lots more money</p>	<p>The money you save adds up. It feels good to spend on things you and your family enjoy, and having enough to pay your bills.</p>
<p>Who will I ask to support me?</p>	<p>.....</p>

My reasons for quitting

Write a list of the things you could buy.

My quit and save calendar

Weeks of quit	What i've saved	What I'll buy
1 week	\$	
1 month	\$	
3 months	\$	
6 months	\$	
1 Year	\$	

Who to contact in your community:



Your local contact person is: