

HELP IN QUITTING

WHAT QUITTING METHODS AND PRODUCTS ARE AVAILABLE?

Many people find that going “cold turkey” and simply stopping smoking, works for them but there are other support methods, including:

- > **Courses:** QUIT courses offer extra support in a friendly atmosphere. Advice and information is provided on what to expect from withdrawal as well as stress management and relaxation techniques.
- > **Nicotine Replacement Therapy (NRT)** NRT reduces nicotine withdrawal symptoms and comes in a number of different forms.

WHAT ABOUT NICOTINE REPLACEMENT THERAPY?

Nicotine Replacement Therapy (NRT) can be useful in helping you stop smoking, as it reduces withdrawal symptoms from nicotine.

Use of NRT should be combined with an understanding of what triggers you to smoke. Support from family and friends is also important.

All forms of NRT are available from pharmacies without prescription and are equally effective. Deciding between forms of NRT can be helped by discussion with your doctor or pharmacist.

> NICOTINE PATCHES

Patches come in different strengths. They are placed on the skin and provide nicotine continuously.

> NICOTINE GUM & LOZENGES

Gum and lozenges come in different strengths and are equally effective, however some people find patches easier to use.

> NICOTINE INHALERS

Inhalers consist of a plastic tube with a plug loaded with nicotine, which is inserted into a mouthpiece. Nicotine is vapourised and absorbed in the mouth when air is drawn in through the inhaler.

It is important to carefully follow instructions on how to use these products. If you have a medical condition, are taking medication or are pregnant, seek medical advice.

FOR FURTHER INFORMATION ON THE TOTALLY SMOKE FREE POLICY REFER TO:

- > www.barwonhealth.org.au
- > For staff, see the Barwon Health intranet or contact StaffCare on 5226 7628
- > For quit support and information, speak to your GP/Local Community Health Service or visit www.quit.org.au or phone the Quitline 13 7848.

Barwon Health advises that the quitting process begins with discussion and consultation with your local GP, to ensure all options are considered and your progress is monitored.

TOTALLY SMOKE FREE



Providing a healthier, cleaner and safer environment

- > THE POLICY
- > THE BENEFITS
- > HELP FOR SMOKERS

BARWON HEALTH'S TOTALLY SMOKE FREE POLICY

All Barwon Health sites are now "Totally Smoke Free" in order to create a healthier, cleaner and safer environment for patients, visitors and staff.

Smoking is not permitted in any building, outdoor area or vehicle within the boundaries of Barwon Health facilities.

It is expected that all patients, staff and visitors will respect this official Barwon Health policy. Staff are expected to comply with the policy in accordance with their respective contracts of employment and non-compliance, will be viewed by Barwon Health as willful misconduct.

WHY IS BEING 'TOTALLY SMOKE FREE' IMPORTANT TO US?

At Barwon Health, health is our business. We are therefore dedicated to protecting and promoting the health of our patients, staff and visitors.

We also recognise our responsibility as occupiers of a public venue to protect the health and safety of the public, and our responsibility to protect our staff's health and safety in the workplace. This means eliminating exposure to Environmental Tobacco Smoke (ETS).

WHY SHOULD WE PREVENT ETS EXPOSURE?

Environmental Tobacco Smoke (ETS) is a Class A Carcinogen (cancer causing agent). This means there is no safe level of exposure. It is estimated that 11 people who have never smoked die each year in Australia due to ETS exposure. ETS exposure can:

- > Cause or worsen many kinds of cancer as well as heart disease, bronchitis and other respiratory diseases
- > Begin the process of narrowing of the arteries that leads to heart disease (atherosclerosis)
- > Increase the likelihood of non-smokers developing lung cancer by 20 to 30 per cent.

HOW DOES THE POLICY HELP SMOKERS TO QUIT?

Helping smokers who want to quit is an important part of the policy. Assistance includes professional advice and free access to Nicotine Replacement Therapy (NRT) for Barwon Health inpatients.

Staff are also supported with advice and assistance from StaffCare, as well as access to NRT at a discounted rate.

SOME GOOD REASONS TO QUIT

FOR YOUR HEALTH

Tobacco contains nicotine which is a highly addictive drug. Tobacco smoking can lead to:

- > All types of cancer (lung, mouth, blood, kidney etc) as there are 43 known cancer-causing chemicals found in cigarettes
- > Heart and blood vessel disease
- > Lung disease including emphysema
- > Less oxygen being carried around the body
- > Stickier blood that is more prone to clotting
- > Reduced functioning of the immune system
- > Reduced bone density
- > Reduced sperm count for men and
- > Reduced fertility for women.

FOR SUCCESSFUL SURGERY

Quitting before surgery is particularly important. If you smoke, your body is less able to cope with anaesthesia and you are more at risk of:

- > Reduced oxygen supply to your heart
- > Blood clotting
- > Slower healing of bones and skin
- > Wound infection and

- > Decreased tolerance to pain that requires higher doses of pain-relieving drugs.

By quitting for eight or more weeks before surgery. These risks can be reduced considerably.

FOR YOURSELF AND YOUR FAMILY

Quitting smoking also means you:

- > Protect family and friends from the dangers of passive smoking
- > Feel more comfortable in smoke-free places
- > Can be free of the smell of smoke
- > Save money spent on cigarettes - a year after you have quit you will have saved on average \$2,657 and
- > Can increase your confidence and improve your appearance.

THE QUITTING PROCESS

PREPARING TO QUIT

Planning leads to success. The four stages of getting ready to quit are:

1. **Understanding your nicotine addiction**
Nicotine is highly addictive and affects chemicals within your brain.
2. **Knowing why you smoke**
Reasons include addiction, social pressure, habit, stress release and pleasure.
3. **Planning ways to deal with quitting**
Visit your doctor to discuss sources of support and monitor your progress.
4. **Setting a date to quit**
Choose an easy date to stop when you will not be under much pressure and will be busy.