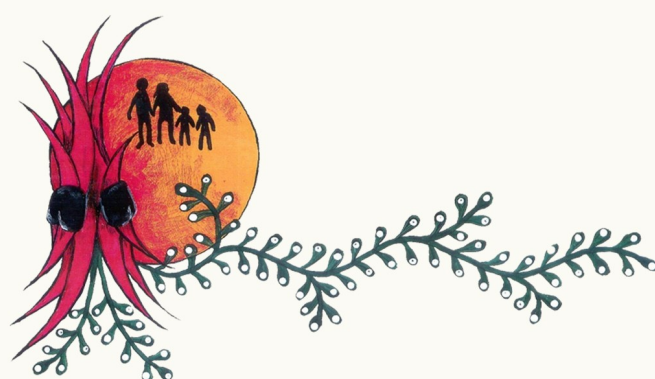




# your guide to quitting







## WHAT'S IN THE BOOKLET

2. Why quit?
3. Tarissa's Quit Story
4. How much money will you save when you quit?
5. How smoking is harmful
7. Long term effects of smoking
8. Why is it dangerous to smoke during pregnancy?
10. Passive smoking
12. Health benefits of quitting
13. Lee-Ann's Quit Story
14. Handy tips to help you beat the addiction
15. Tips and ways to help you quit
16. Tackling withdrawals
17. Tackling cravings
18. Journal
19. Supporting someone who is trying to quit
20. Did you know?
21. Support available to quit smoking
22. Jamie's Quit Story



# why quit?



## LOOK AFTER **YOUR BODY**

Healthy you is happy you.

## LOOK AFTER **YOURSELF**

It's never too late.

save



## LOOK AFTER **YOUR FAMILY**

Smokefree pregnancy  
is easier.

Give your baby the very **best** chance  
to be born **healthy** and **strong**.

**HEALTHY PARENTS—HEALTHY CHILDREN—HEALTHY MOB!**



**Tarissa Staker is from Wilcannia. She lives in Broken Hill, where she works for the Youth Health Program at Maari Ma Health Aboriginal Corporation.**

## TARISSA'S QUIT STORY

Tarissa grew up in a non-smoking household. Her Nan and Pop didn't smoke, but at around the age of 15 years, there was a phase where she and her teenage friends wanted to just try the cool stuff, so she'd pinch a few smokes from her brother. A couple of years later, around the age of 17, Tarissa started smoking regularly.

Tarissa gave up when she was pregnant but relapsed after some time, and even though Tarissa has had multiple quit attempts in the past, she hasn't given up on quitting smoking, **and that's why Tarissa, you are our hero!!!**

Feeling unhealthy, constant chest infections, getting harder to breathe, and most importantly her KIDS are Tarissa's reasons to quit. What is your reason to quit?

**"Give up before you get addicted"**

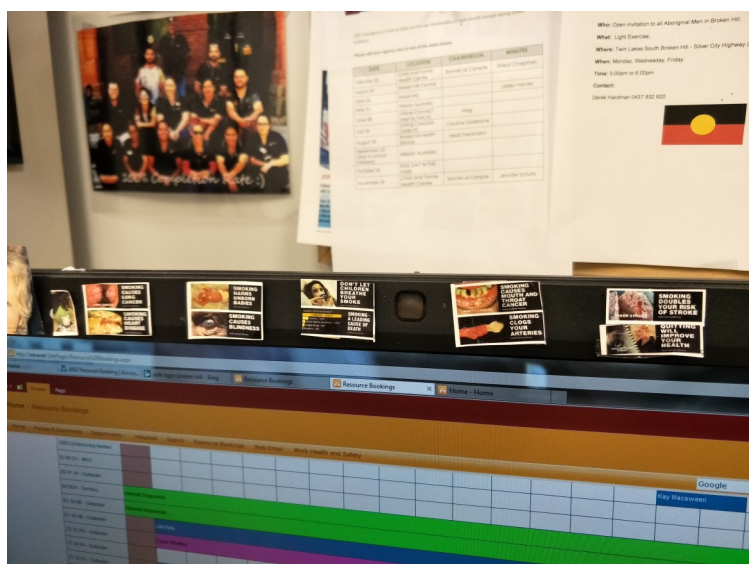
**Currently**, Tarissa is in the process of quitting smoking.

The support from the **Smoker's Program**, discussing cravings, triggers and withdrawals with **Tiffany Lynch** (Project Officer – Smoking Cessation Education) and her daughter, **Rhiannon's** constant motivation (and sometimes nagging) are helping Tarissa to manage her smoking.

To all the youngsters who are in the phase of just trying the cool things, Tarissa's message is, **"Give up before you get addicted."** She didn't think she was addicted to smokes until she really started craving for it.

Tarissa's message to all the mums out there is, **"It's proven smoking can affect the development of your baby. The cost of cigarettes, the stench of smoke are a few things you don't realise until you give up."**

Tarissa's message to all is to **utilise the information and help is available now.**



**Tarissa has her own deadly ways of keeping herself motivated! The cut-outs of health effects of smoking on her work desk is just one example**



**Tarissa and the million dollar Mona Lisa smile :)**



# how much money will you save when you quit?

BASED ON SMOKING ONE PACKET OF  
CIGARETTES PER DAY

BRAND	CIGGIES per pack	COST of 1 pack	SAVINGS per year
<b>HORIZON</b> Purple cigarettes	<b>20 pack</b>	<b>\$18.95</b>	<b>\$6,916.75</b>
<b>ROTHMANS</b> Red cigarettes	<b>25 pack</b>	<b>\$21.95</b>	<b>\$8,011.75</b>
<b>PETER JACKSON</b> Original blue cigarettes	<b>20 pack</b>	<b>\$23.25</b>	<b>\$8,486.25</b>
<b>JPS</b> Blue cigarettes	<b>26 pack</b>	<b>\$24.95</b>	<b>\$9,106.75</b>
<b>LONGBEACH</b> Menthol cigarettes	<b>30 pack</b>	<b>\$27.95</b>	<b>\$10,201.75</b>
<b>ROTHMANS</b> Blue cigarettes	<b>40 pack</b>	<b>\$34.95</b>	<b>\$12,756.75</b>
<b>BOND</b> Blue cigarettes	<b>50 pack</b>	<b>\$42.90</b>	<b>\$15,658.50</b>





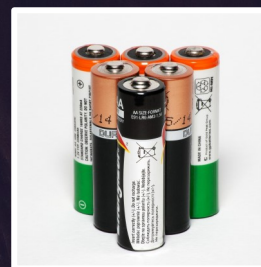
PESTICIDE



CARBON MONOXIDE



BUTANE



LEAD



CADMIUM



HYDROGEN CYANIDE



ACETIC ACID



METHANOL



BENZENE



NICKEL



AMMONIA



TOLUENE

# Do you know what's in a cigarette?

There are **more than 7000 chemicals** in a cigarette.  
Some of these cause **cancer**.



# why is it dangerous to smoke?

YOU CAN SEE EFFECTS OF ALCOHOL AND OTHER DRUGS EVERYDAY, BUT, THE EFFECTS OF SMOKING AREN'T ALWAYS EASILY SEEN, UNTIL IT'S TOO LATE.

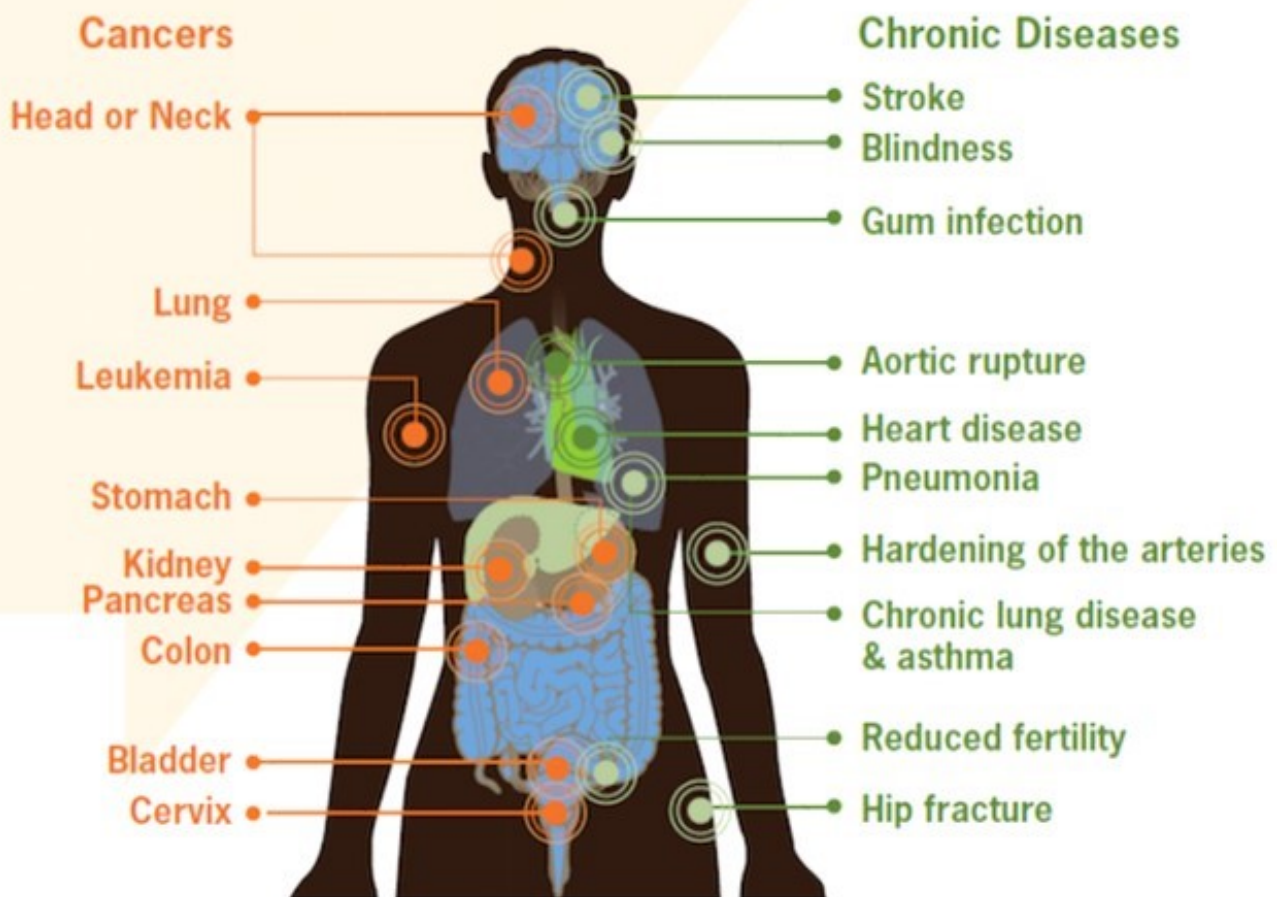
## IMMEDIATE EFFECTS

- Dizziness
- Light-headedness
- Increased heart rate
- Nausea
- Watery eyes
- Acidity
- Increased alertness and concentration
- Mild euphoria
- Feeling of relaxation

## SHORT TERM EFFECTS

- Bad breath
- Smelly hair and clothes
- Yellow stains on teeth
- Decreased sense of taste, smell and appetite
- Shortness of breath
- Reduced energy levels
- Decreased lung capacity due to excess mucus and swelling of airways
- Increased severity of asthma
- Increased blood pressure
- Addiction to nicotine

# LONG TERM EFFECTS



Source: Centres for Disease Control and Prevention, Vitalsigns, September 2010



# why is it dangerous to smoke during pregnancy?



## HOW CAN SMOKING DURING PREGNANCY AFFECT YOUR BABY?

- Increases **carbon monoxide** exposure to your bub
- Reduces **oxygen** and **nutrients** to your bub
- Increases **heart rate** of your bub
- Increases **stress** on you bub
- Increases **exposure to nicotine** via breast milk

# why is it dangerous to smoke during pregnancy?

## SMOKING DURING PREGNANCY

CAN CAUSE COMPLICATIONS SUCH AS:

- Pregnancy **outside the womb**
  - **Miscarriages**
  - The placenta **blocks** the cervix
  - Waters breaking **too early**
- 
- **Respiratory problems** such as asthma, bronchitis, croup, bronchiolitis, pneumonia, poor lung development
  - **Ear problem** such as middle ear disease, temporary or permanent hearing loss
  - Increased **behavioural problems**
  - Increased chances of **becoming a smoker**

Long term complications



# passive smoking

## NON-SMOKERS CAN BE AFFECTED BY INHALING PASSIVE SMOKE (SECOND HAND SMOKE)

Second hand smoke is the smoke that smokers breathe out, and which comes off the burning end of the cigarette.

### THIS SMOKE CONTAINS:

**Nicotine** - it is **poisonous** and highly **addictive**.

**Tar** – it is the sticky brown substance and the main cause of lung and throat **cancer** in smokers.

**Carbon monoxide** – it is the **poisonous gas** that replaces oxygen in the blood. The body then makes more red blood cells to compensate, which thickens the blood, leading to increased risk of **heart diseases**.

## BABIES & CHILDREN

have **smaller and sensitive** lungs and breathe faster than adults. Their immune systems are also **less developed**, so they often **fall sick** because of passive smoking.

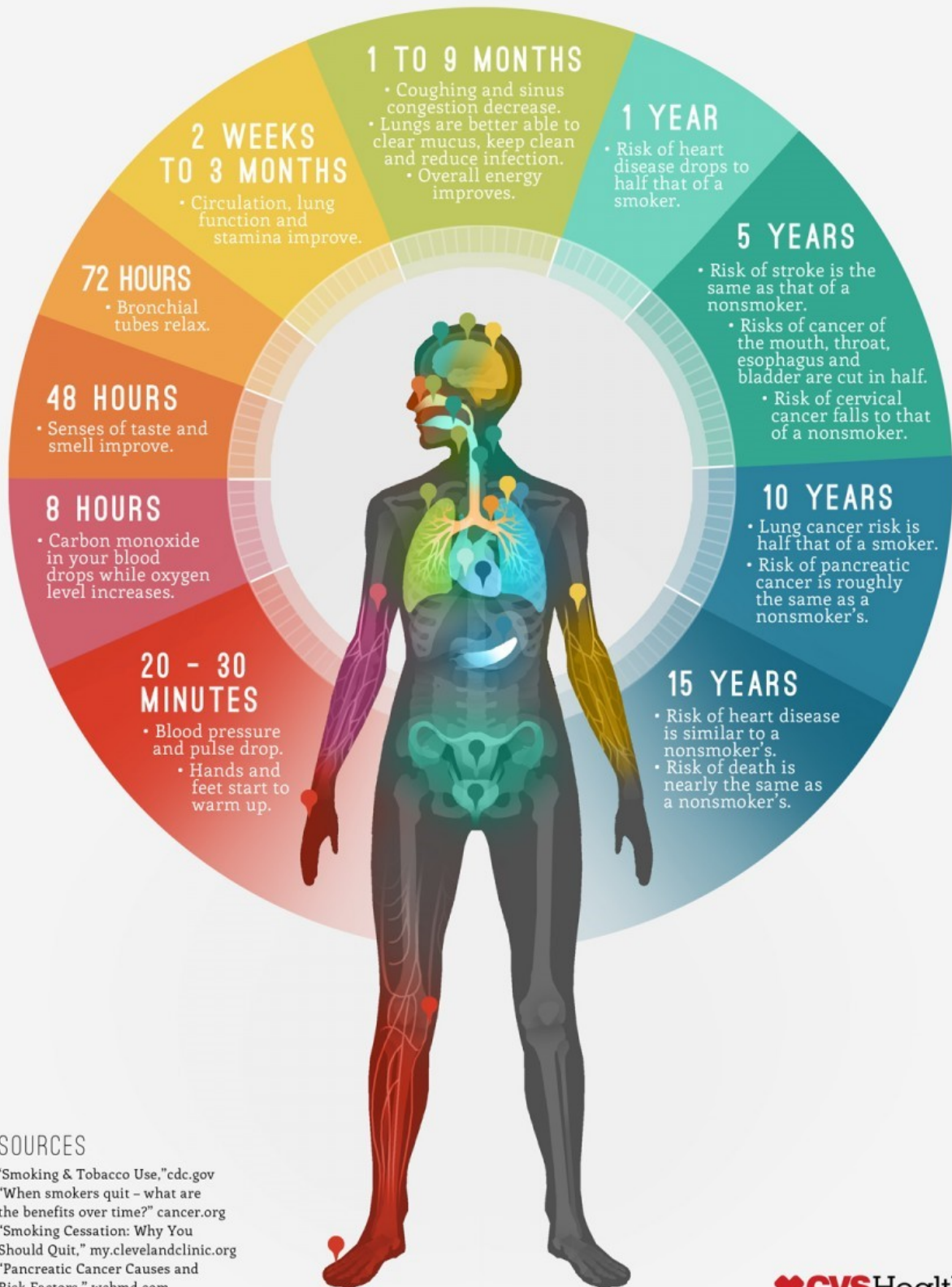


# PROTECTING YOURSELF AND YOUR CHILDREN FROM PASSIVE SMOKE

- Ask family and friends **not to smoke** near you and your children
- Make your car & home a **smoke free** zone
- Have signs in your house to remind people to **smoke outside** when they visit you
- Encourage family and friends who smoke to **quit**
- Pregnant mothers and parents should try to keep their children at a **safe distance** from people who are smoking and smoking areas.



# health benefits of quitting



**Lee-Ann Adams is from Silverton which is about 26 kilometres outside of Broken Hill. She was born and raised in Penrose Park with her mum, dad and her siblings.**

## LEE-ANN'S QUIT STORY

Lee's first cigarette was the one she stole from her Dad at the age of 13 years. Fortunately or unfortunately, he finally caught her smoking after a year. Her best friend had started smoking around that time (she used to get her cigarettes from her mum!), so Lee-Ann wanted to try cigarettes too.

**“Never give up on giving up”**

It wasn't until Lee turned 20, the addiction set in.

The alcohol especially led to smoking becoming more regular.

Lee first tried to quit in 2006, and even though she has had about 3 or 4 relapses, she is still trying.

Lee's mantra is **“Never give up on giving up”, and that's why Lee, you are our hero!**

Her daughter, **Nellie**, is her biggest reason to quit as well as her support system during her quit

journey. Nellie constantly reminds Lee that she wants her to quit and wants her to be around and we couldn't agree more with Nellie! Lee's grandkids are her second reason to quit. She wants to be around to see them grow up.

In 2015, Lee closely worked with **Jenny Walters** on smoking cessation. Since then, not only has her smoking reduced immensely, Lee has been feeling much better too. Lee is planning to jump back on the **Smokers Program** and quit completely.

She has also reduced her alcohol intake to keep the smokes to a minimum because that's a trigger for her. Currently, she doesn't smoke more than one or two cigarette when at work or if at home and with not much to do. Lee has **identified her triggers** which in itself is a very big step. When away for work she always has her patch on!

*Friendly reminder– Remember to put your NRT patch on!*

Lee's message for youngsters, **“Try quit NOW, have a yarn with someone NOW, before it gets really hard.”** Quitting isn't as easy as we think.

Lee's message for the mums out there, **“Seek help now because later could be too late.”** We need to be good examples for our kids and live longer to be here for our future and so we can be here for our kids and for our kids' kids!



**Leeann standing proudly next to the blanket the kids at Early Years have made.**



Smoking is an addiction, not just a habit, and nicotine addiction is one of the strongest addictions.

## QUITTING ISN'T EASY, BUT QUITTING IS DEADLY!

- Make your car & home a smoke free zone.
- Have a designated outside area for family, friends and visitors who smoke.
- Talk to a health worker. They can talk to you about different ways to quit.
- If someone in your family or friend circle smokes, talk to them about quitting too.
- Attempting to cut back on caffeine and grog may be helpful.
- When attempting to quit, it is best to quit yarndi too.
- Try a new morning routine. For example, start with the NRT gum, take a shower, put on a patch and have breakfast, go for a walk.
- Practise saying 'No thanks, I don't smoke' in case someone offers you a cigarette.
- Keep cigarettes and ashtrays out of sight and out of reach– if you can't grab it, you can't drag on it!
- Keep a photo or a candle where you would usually have your ashtray or cigarette packets.
- Keep track of how much money you are saving.
- Find people who can support you.
- Join a yarning group – it can make things easier.
- Ask people who have quit how they did it.

Most people have many tries before they stop for good. It gets easier each time you try to quit.

# methods to help you quit

## NICOTINE REPLACEMENT THERAPY (NRT)



**NRT HELPS TO GIVE YOUR BODY THE NICOTINE WITHOUT THE OTHER HARMFUL CHEMICALS IN CIGARETTES.**

This includes patches, gums, lozenges, tablets, and inhalers.

»» **CHAMPIX**

»» **ZYBAN**

Your health worker will help you decide which NRT is suitable for you.

Some people go **Cold Turkey** – this means you make the decision to give up smoking suddenly without any treatment.

**Harm Reduction** – this means you cut down the number of smokes you have each day, until you no longer smoke.



# tackling the withdrawal

## WITHDRAWAL INCLUDES:

### HIGH NICOTINE ADDICTION MEANS:

- having a cigarette within 30 minutes of waking
- having a cigarette more than 10 times per day
- it is harder to give up the addiction because of the withdrawals

- Depression or mood swings
- Can't sleep
- Irritable
- Frustrated
- Angry
- Anxiety
- Hard to concentrate
- Restlessness
- Slower heart rate
- Larger appetite or weight gain
- Coughing
- Cravings
- Tingles in hands and feet
- Upset stomach
- Headaches

These symptoms will **disappear**. It may take 10-30 days. NRT helps to **cope with nicotine withdrawal**. Whether it's two or more patches, or a patch and gum. Your health worker can help you decide what will work best for you.

# tackling the cravings

**YOU MAY EXPERIENCE STRESS, PEER PRESSURE, BOREDOM ETC. THESE ARE CALLED TRIGGERS- THEY MAKE YOU CRAVE FOR A CIGARETTE. USE THE JOURNAL TO IDENTIFY YOUR TRIGGERS.**

Try to break the link between having a smoke and the trigger like your usual coffee, talking on the phone or drinking alcohol.

- Replace smokes with jelly beans
- Delay - Put two rubber bands around your cigarette packet - this will give you time to think...
- Take deep breaths, meditation works well
- Drink water, eat fruit
- Go for a walk, go fishing
- Read, draw or do artwork
- Play music, or play games on your phone
- Watch a TV show or a movie
- Remember why you are quitting - think about the health risks, saving money, become a role model and keep your baby safe!
- Ask family or friends not to smoke near you
- Ask friends not to give you smokes
- Call a friend, or Maari Ma or the Quitline for support

**Unable to cope with the urge to smoke?**  
Don't give up. Be proud of your quit attempt! It's okay, relapse is normal, but keep trying. It gets easier.



your journal will help you see your progress

	Date	Cigarette #	Time of day	Craving level	What I was doing	Who I was with	How I was feeling
E.g.	20/01/17	1	8:00am	10	Woke up	Partner	Very stressed
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							

# supporting someone who is trying to quit



- Offer lots of **positive encouragement** and **support**
- Talk about the **benefits of quitting**
- Make sure there is lots of **healthy food** and **water** in the house

## IF YOU ARE A SMOKER YOU CAN SUPPORT SOMEONE BY:

- trying not to smoke around those who are trying to quit!
- asking if it is okay to smoke at their home
- respecting their house rules
- not smoking at their home or in their car



# DID YOU KNOW?

Under the Smoke Free Environment Act 2000 and the Smoke Free Environment Regulation 2016, Smoking is banned:

- There is No Safe level of Tobacco smoke – ALL smoke is harmful to the body
- There are Smoke Free laws to support you
- Smoking 'Bans' protect you from harmful second hand tobacco smoke

## **IN ALL ENCLOSED PUBLIC PLACES FOR EXAMPLE**

1. Shopping centres
2. cinemas
3. libraries
4. trains

## **AT CERTAIN OUTDOOR PUBLIC AREAS FOR EXAMPLE**

1. within 10 metres of children's play equipment in outdoor public areas
2. Public swimming pools
3. Spectator areas at sports grounds
4. Public transport stops and platforms, including Taxi ranks

## **IN CARS WITH A CHILD UNDER THE AGE OF 16 YEARS**



# looking for Support?

- ✦ **GIVE MAARI MA HEALTH A CALL ON 80829777 AND ASK ABOUT THE SMOKERS PROGRAM – WE CAN HELP YOU!**
- ✦ Come down and join Maari Ma's Yarning Group and get in touch with community mentors – we want to hear your stories!
- ✦ You can call the Quitline – 137848. An Aboriginal or Torres Strait Islander counsellor will be available to provide telephone information or advice.
- ✦ Grab the My QuitBuddy app on your phone – it's FREE and will help you get through the day!
- ✦ Jump onto the iCanQuit website and click the habit - it's interactive with tips, information and tools to help you quit!
- ✦ If you are pregnant you'll breathe easier, and so will your baby- download the Quit for You, Quit for Two app on your phone – it's FREE!
- ✦ Check out the No Smokes website- it's funky with animations, games, video clips, blogs and personal stories to deliver messages about quitting smoking direct to you!



***Jamie Billing grew up in Sydney and Port Macquarie. His mum's side is from Wilcannia. He has been working and living in Broken Hill for about 16 years now.***

## JAMIE'S QUIT STORY

Jamie's first cigarette was at the age of 20. Initially it was an occasional stress-buster, but after about a year Jamie started smoking regularly. The 30 pack-a-day addiction continued until his mid 30's. Jamie used to work in a pub and on most days would stay back to be with friends and family. Constant exposure to the *pub culture* made it hard to quit and even led to an increase in number of cigarettes he smoked. However, *when Jamie started to notice the health effects from smoking, he decided it was time to quit!*

His first quit attempt was about 10 years ago and Jamie stayed smokefree for 3 months. However, the pub culture led to a relapse. With each quit attempt, Jamie became more **determined to quit**. He left his job at the pub, saw a GP at **Maari Ma Health** and was put on

**Champix**. He stayed on Champix for about 9 months until he was absolutely confident about coming off it and that was it! **Jamie has been smokefree ever since, which is 9 years now and that's why Jamie, you are our hero!**

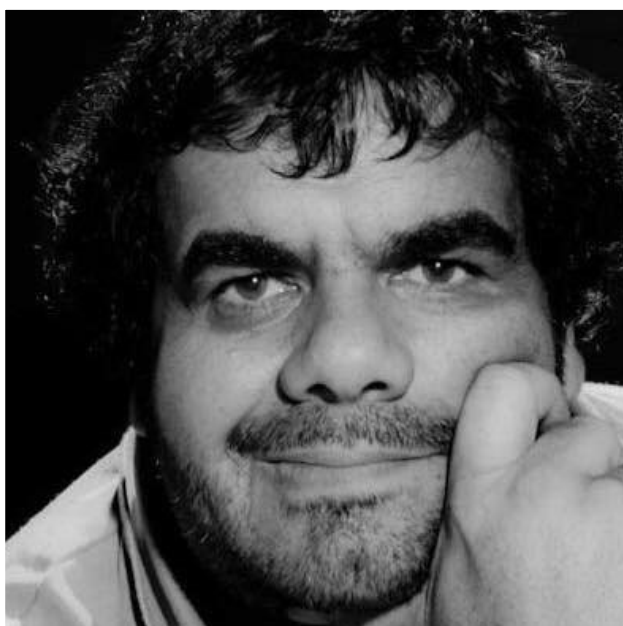
Jamie's **family and friends** supported him throughout the process. Those who smoked respected and supported his decision to quit. *Each time someone challenged him about relapsing, Jamie turned it around with his determination and proved people wrong.*

***"Make sure to be aware of what smoking can do to your body."***

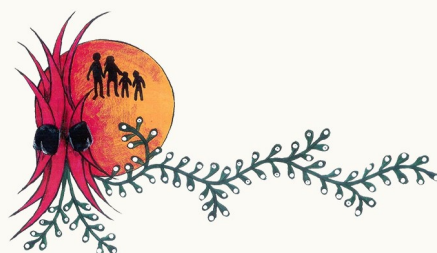
Jamie's message for youth is, **"Never give into the peer pressure. Make sure to be aware of what smoking can do to your body."** Things we don't see as a big deal when we are young, become a big deal when we get older.

Jamie's message to all the men in the community, **"Besides affecting your finances and your health, smoking will also reduce the chance of you enjoying other things in life."**

Jamie's top tips for those trying to quit; to beat the urge, try to find something else to do. The cravings go away as quick as they hit you. Also, don't fall into the trap of thinking smokes relieve stress, and, never feel bad if you have a smoke while you are trying to quit—EVERYONE does it!



***We have to thank the renowned photographer, Jamie Billing, for this excellent photo of... Jamie Billing!***



FOR MORE INFORMATION CONTACT:  
Maari Ma Health Aboriginal Corporation  
439-443 Argent Street, Broken Hill, NSW  
Phone: 80829777