

Health professionals

General practitioners, pharmacists and other health professionals can offer assistance and support when you quit smoking. Ask your health professional about the products available to help you quit smoking. Nicotine replacement therapy (NRT) includes patches, gum, lozenges, inhalers and sublingual tablets. Your health professional can explain how to use the products and help determine the best form of NRT for you. Bupropion Hcl and varenicline are non-nicotine medication that are also effective for helping smokers quit. Bupropion Hcl and varenicline are available only on prescription and your general practitioner can help you decide if they are suitable for you.

Community health centres and hospitals

Your local community health centre or hospital offers information and support for people who want to quit. Contact your nearest centre for more information.

SmokeCheck Program

Many health workers at Queensland Health community health centres can provide tailored quit smoking assistance for Aboriginal and Torres Strait Islander people who smoke. This service is part of the SmokeCheck Program, which is delivered by health workers to encourage and support Aboriginal and Torres Strait Islander people who smoke tobacco to make positive and healthy behaviour changes. If you would like to find the nearest trained health work to assist you to quit smoking please call the SmokeCheck team on (07) 3328 9851.

Online

A range of websites are available to provide information on quitting smoking.

- www.quitnow.info.au
- www.cancerqld.org.au
- www.health.qld.gov.au/quitsmoking
- www.thequitcoach.org.au
- www.quitbecauseyoucan.org.au

Queensland services to help you quit



PEDU2562 07/10



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Congratulations

Congratulations on your decision to quit smoking. Quitting has many benefits, some of which you will notice immediately as your body starts to repair itself.

- **After eight hours** your heart rate and blood pressure will begin to return to normal.
- **After one week** there will be almost no nicotine remaining in your body.
- **After two months** blood flow to your limbs will improve.
- **After three months** your lungs will regain the ability to clean themselves.
- **After one year** your risk of dying from coronary heart disease will be halved.
- **After five years** your risk of developing cancer of the mouth will be halved.
- **After 10 years** your risk of developing lung cancer will be halved.

There are many other benefits. Your fitness will improve, you will save money, your sense of taste and smell will improve and your breath, clothes and hair will smell fresher.

Your children will also benefit when you quit as they are less likely to suffer from sudden infant death syndrome (SIDS), asthma, pneumonia, bronchitis and middle ear disease. Children are also less likely to become regular smokers themselves if their parents do not smoke.

Support is available to help you quit smoking. **When planning to quit it is important to find the strategies that work best for you.**



Call **Quitline 13 QUIT (13 7848)** for free information, practical assistance and support. Quitline is a confidential telephone service dedicated to helping people quit smoking. The service is available seven days a week for the cost of a local call (except mobiles). Trained counsellors provide support, encouragement and resources to help you through the process of quitting.

Callers to the Quitline have access to translation services and printed quit materials in 13 different languages. Tailored information and assistance is also available for young people, pregnant women, people with a mental illness and Aboriginal and Torres Strait Islander people.



Call the **Cancer Council Helpline** on **13 11 20**. The Cancer Council Helpline is staffed by trained professionals with knowledge about cancer. Our Helpline is there to assist you with information, support and referrals to other services.