

SMOKING FACTS



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- ▶ The main preventable cause of death, disease and disability is tobacco smoking. It kills 5,000 New Zealanders per year
- ▶ Around half of all smokers will die prematurely from their smoking, on average 14 years earlier than non-smokers
- ▶ People on the lowest incomes have the highest rates of cigarette smoking
- ▶ Second-hand smoke from tobacco increases the risk of cancer and contains approximately 4,000 chemicals
- ▶ Second hand smoke increases the rate of colds, asthma, glue ear and hospital admissions in children
- ▶ Children are seven times more likely to become habitual adult smokers themselves if their parents smoked
- ▶ Smoking increases miscarriage rates by 25%. The risk of stillbirth and deaths of babies is increased by 33% for smokers
- ▶ Most people who smoke want to stop

For further information contact
Pukekohe Family Health Care
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WHY DO SMOKERS CHOOSE TO KICK THE HABIT

- To save money - stopping smoking can be like a pay rise. (\$3000+/yr for many people)
- To improve your appearance.
- To increase your fitness.
- For lifestyle reasons - being a smoker can be a pain!
- For the health of your whanau/family.
- To take control of your life instead of the smokes controlling you.

Smoking cessation BENEFITS:

Smoking cessation has major and immediate health benefits for smokers of all ages

2 hours Most of the nicotine is out of your system.

6 hours Your heartbeat slows down to normal and your blood pressure goes down.

24 hours The carbon monoxide is out of your system and your lungs work better.

2 days Your senses of taste and smell improve. A few weeks The phlegm in your lungs loosens and you start to cough it up and get rid of it.

2 months Blood flow to your hands and feet improves.

3-9 months Cough and wheeze decrease as breathing function improves by 10%.

1 year You have almost halved your risk of sudden death from heart attack.

5 years You are almost as risk-free of sudden death from heart attack as a non-smoker.

ONCE YOU KNOW YOU WANT TO BE SMOKE-FREE

1. List the reasons why YOU want to stop.
2. Change your routines and habits.
3. Avoid situations that make you want to smoke, e.g. cut down on alcohol or coffee.
4. Try to reduce some of the stresses in your life.
5. Make your environment smoke-free - get rid of ashtrays, wash your smoky smelling clothes, clean your car and keep it smokefree.
6. Do things you enjoy - give yourself treats and rewards. Keep a list of what you plan to do with your extra money. Take time out for yourself.
7. Think about ways to distract yourself if you feel like smoking.
8. Plan what to do when you go - where there might be smokers or spend more time with non-smokers or ex-smokers.
9. Get some support, try and get a friend to stop with you.
10. Consider nicotine replacement therapy (NRT- patches, gum or lozenges) or prescription medications. These can dramatically increase your chances of staying smoke-free.

WHERE TO GET HELP

Your family doctor or nurse, Your medical practice can arrange subsidised NRT or a variety of funded and non-funded prescription medications to increase your chances of staying stopped. Pukekohe Family Health Care has specialist nurses that can advise on smoking cessation.

Quitline 0800 778 778 is a free quit smoking telephone help line. They provide quit smoking advice and information, and access to subsidised nicotine patches or gum where suitable. Their web-site www.quit.org.can also provide NRT.

Txt2Quit gives support via text messages www.txt2quit.org.nz designed with young people in mind.

Aukati Kai Paipa is a free kanohi ki te kanohi service that is delivered locally via Raukura Hauora o Tainui Trust. They offer support to Māori and their whānau with a range of services ph 092638040 or go to www.auahikore.org.nz

Smokestop at www.smokestop.co.nz or phone 0508 SMOKESTOP provides a free on-line help programme using text, email, bulletin board and chat.

SMOKING CESSATION

0800 STUB OUT
www.champix.co.nz

CHAMPIX™ (varenicline tartrate) is a prescription medicine used as an aid to smoking cessation. Consult your doctor to see if CHAMPIX is right for you. Do not take this medicine if you are pregnant, if you are under 18, using other stop smoking medicines, or have an allergy to the active or other tablet ingredients. Precautions: people with kidney disease or those undergoing haemodialysis treatment, mental illness or a history of mental illness, a history of repeated fits or convulsions, or women who are breastfeeding. Some people have reported changes in behaviour or mood when they start taking CHAMPIX. These may include depression, agitation, aggression, thoughts of self-harm, self-harm or harming others. It is not known whether these symptoms are related to CHAMPIX. Patients and their families should be advised that the patient should stop taking CHAMPIX and contact a health care professional immediately if any of these symptoms, that are not typical for the patient, are observed. Possible side effects: nausea, headache, difficulty in sleeping, abnormal dreams, dizziness, weakness, constipation, indigestion, bloating, dry mouth, vomiting, increased appetite and changes in taste. Some people have reported swelling of parts of their face after taking CHAMPIX. If you have side effects see your doctor. Always read the label and use strictly as directed. You will need to pay for this medicine and normal doctor's fees will apply. Contains varenicline 0.5 mg & 1mg. Further medicine details are available at www.medsafe.govt.nz. Pfizer New Zealand LTD PO Box 3998, Auckland Level 3 Pfizer House, 14 Normanby Rd, Mt Eden Auckland TAPS Approval No. CH2079

