

All patients in HNE Health hospitals are asked about their health habits. By having good health habits you can lower your chance of disease and improve quality of life.

Act now and quit smoking.

Great things about quitting

- You will live longer. Smoking can lead to diseases, such as stroke, heart disease and cancer.
- You will have an improved quality of life. Quitting smoking can result in reduced breathing difficulties, improved fitness and an improved sense of taste and smell.
- You will save you and your family money. One \$13 pack of cigarettes per day will cost \$4,745 per year, and over five years that is \$23,725.



Call the Quitline on 13 QUIT (137 848)

The Quitline is a free service. You can call for a free quit kit or to talk to an advisor. There is also a free call back and follow up service.

The advisors can help you whether you are **thinking** about quitting or **ready** to quit.

Ditch the durries

Try nicotine patches, gum or lozenges

They can double your chances of quitting by helping you with withdrawal symptoms and cravings caused by stopping smoking.

Get them at the supermarket or chemist

You don't need a prescription. If you are an Aboriginal or Torres Strait Islander Australian, you may be eligible for discounted Nicotine patches. Talk to your GP or Aboriginal medical service about providing a script for free patches

Get help to quit from your doctor at your local General Practice or Aboriginal Medical Service

Your doctor can talk with you about NRT. You can also ask about champix® or zyban®. These are prescription tablets that have been developed to help people stop smoking.



Go online

Get some more ideas to help you quit smoking from these websites.

www.quitnow.info.au

www.quitcoach.org.au

