

Quit Tips

Increase your chances of a successful quit attempt

To have the best chance possible of succeeding, it is important that employees do the things that are known to be effective:

Nicotine Replacement Therapy (NRT)

Nicotine is the powerfully addictive drug in cigarettes that your body becomes addicted to over time. When you stop smoking you may experience symptoms of withdrawal - cravings, feeling anxious, hungry and cranky. NRT aims to replace some of the nicotine obtained from cigarettes thus, it can aid in relieving these symptoms provided the smoker uses an adequate dose over time.

NRT is safe and preferable to smoking as it does not contain the harmful by products of the smoking or burning process, such as carbon monoxide and tar. It also does not generate dramatic surges in blood nicotine levels or produce a strong dependence. There is evidence that NRT products are a very effective aid to quitting, more than doubling the chances of a successful quit attempt. Eight weeks of patch therapy is as effective as longer courses, and that there is no evidence that tapered therapy is better than abrupt withdrawal.

Call the Quitline – Ph 137 848

For the cost of a local call the Quitline offers free ongoing counselling to help you quit. It provides the advice and assistance that a smoker may need to make a successful quit attempt. The Quitline can help smokers plan their quit attempt, give advice on various techniques and provide written material on how to quit. The Quitline is open 24 hours a day, seven days a week.

Online Support

Employees can access the NSW Health interactive Quit-Online tool. They can access this at work on (<http://internal3.health.nsw.gov.au/quitonline>). Quit-Online will send free personalised SMS and email messages to help smokers quit for good.

Further resources are also available at (www.quitnow.info.au) and (www.health.nsw.gov.au).

Develop a Quit Plan

Develop a quit plan which includes:

1. Setting a date to quit.
2. Reviewing past experience to determine what worked and what did not work.
3. Identifying potential problems and ways to deal with them.
4. Enlisting the support of family and friends.
5. Reducing alcohol and caffeine use in the first two weeks.
6. Avoiding other people's smoke.
7. Being mindful of stressful or negative events.

Things to remember

1. The first two weeks in quitting smoking can be difficult. During this time most of the physical symptoms of withdrawal occur, after which they diminish over time. At about three months most quitters have become established non-smokers.
2. Many ex-smokers have made several attempts before they quit for good.
3. Planning will improve your chance of success.
4. The health benefits of quitting start within two hours of giving up.