

Health professionals

General practitioners (GP)s, 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, inhalators, mouth strips and mouth spray. 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 medications that are also effective for helping smokers quit. Bupropion Hcl and Varenicline are only available on prescription and your GP 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.

Online

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

- www.health.qld.gov.au/quitsmoking
- www.quitnow.gov.au
- www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/quit-buddy
- www.thequitcoach.org.au

Further information

www.qld.gov.au/health/staying-healthy/atods/smoking

Services to help you quit



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Quitting has many benefits—some of which you will notice immediately as your body starts to repair itself.

- **Within six hours** your heart rate slows and blood pressure decreases.
- **Within a day** almost all of the nicotine is out of your bloodstream. The level of carbon monoxide in your blood has dropped and oxygen can more easily reach your heart and muscles. Your fingertips become warmer and your hands steadier.
- **Within two days** nicotine has been eliminated from your body and your sense of smell and taste has improved.
- **Within a week** your lungs' natural cleaning system is starting to recover, becoming better at removing mucus, tar and dust from your lungs—exercise will help to clear out your lungs further. You have higher blood levels of protective antioxidants such as vitamin C.
- **Within two months** you are coughing and wheezing less. Your immune system is beginning its recovery so your body is better at fighting off infection. Your blood is less thick and sticky, and blood flow to your hands and feet has improved.
- **Within six months** your lungs are working much better, producing less phlegm. You are likely to feel less stressed than when you were smoking.
- **After one year** you are breathing easier as your lungs are now healthier and more efficient. There is a large drop in your risk of heart attack and stroke, and this risk will continue to gradually decrease over time.



There are many other benefits.

Your fitness will improve, you will save money, and your breath, clothes and hair will smell fresher.

Your children will benefit when you quit as well, 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.

Quitline

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.

Cancer Council

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