

How to Quit Smoking

Reasons to quit:

- Decreased risk of heart attack and stroke
- Decreased risk of developing lung and other cancers
- Healthier more efficient lungs
- Lower blood pressure
- Improved circulation
- Reduced risk of impotence



Strategies to quit:

- Contact the Quit helpline on 13 78 48 or at www.quit.org.au.
- Identify your reasons for quitting – these may include, health benefits, reducing costs, or to be a better role model.
- Create your quitting plan using S.T.A.R.T
- Using the Quitline advisor service or online Quitcoach as well as nicotine replacement or quitting medication is the most effective way of quitting smoking.
- See your doctor

Start your stop smoking plan with S.T.A.R.T:

- S** Set a QuitDate within the next 2 weeks
- T** Tell family, friends and co-workers the you plan to quit
- A** Anticipate and plan for the challenges you'll face while quitting
- R** Remove cigarettes and other tobacco products from your home, car and work
- T** Talk to your doctor about getting help to quit. Doctors can prescribe medication to help with withdrawal and other alternatives

Strategies to coping with cravings:

- Keep motivated by reminding yourself of your reasons to quit
- Delay acting on your craving for 5 minutes – by then it will usually pass
- Do exercise that you enjoy
- Get involved in a new or favourite hobby
- Focus on relaxation – get a massage, listen to music or take a yoga class



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