

### Whilst you are in hospital:

All patients are asked if they smoke by all doctors, nurses, and allied health staff as part of their assessments. They all want you to have the best health possible. They will also offer you help and support to stop smoking.

### Take Advantage of this situation.

Sure you are unwell because you have come into a hospital and we all want you to get better quickly.

There is an opportunity right now for good support. Ask your nurse to contact us and if you have a mobile phone we can talk with you



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Contact Us:



**External:**  
**0800 667833**  
**and leave a message**

**Email:**  
**Smokefree@adhb.govt.nz**

**Text:**  
**027 326 7334**

**Ask your nurse or doctor  
to make a referral to us.**

**You can stop;  
Give it a go;  
We can help you.**



**2 Park Road, Grafton, Auckland 1142**

# Quit B4 it's lit

Smoke Free  
Breathe Free



## What's all the fuss about stopping smoking?

“Routinely inhaling smoke from burning tobacco leaves puts lethal gas and toxic products in the blood. It causes premature aging, numerous cancers, and blocked arteries by clotted blood.”

**The best thing you can do  
for your health is stop smoking**



Healthy communities | World-class healthcare | Achieved together  
*Kia kotahi te Oranga mo te iti me te Rahi o Te Ao*

“ 4 out of 5 smokers wish they had never started smoking. ”

**Get motivated:**  
**Stop the cough?**  
**Easier to breathe?**  
**Please the kids?**  
**Save money?**

Focused on these to help you succeed.

## Break the Addiction:

**A smoker likes smoking and do not like stopping.**

**Why?** *Because the addiction to nicotine drives cravings – none when the level is high, mad cravings when low!*

**So keep the level up with nicotine patches, gum, or lozenges.**

## Change the habits:

You know how certain things make you want to smoke, like stress at work, drinking a cup of coffee or even just watching the game with friends? These are all trigger times – moments or situations that stimulate the desire to smoke. Get to know them, list them and minimise them.

## Gain Support:

Now is the time to take up an offer of support to quit. Your nurse, doctor, physiotherapist, dietician, pharmacist and many other health professionals can help you. Just ask and they will contact Smokefree services to help you.

“ 1 in 5 smokers will try to quit every year. ”

## The Smoke

Cigarette smoke from burning tobacco leaves and paper contains many toxic chemicals in the gases that make up the smoke. When they cool down in the mouth, throat, and lungs they become tar.

Because smoke inhalation over time causes ill health and sickness ADHB's hospitals and clinics are full of people just like you who are thinking about quitting. About 900 patients who are current smokers pass through our facilities each month.

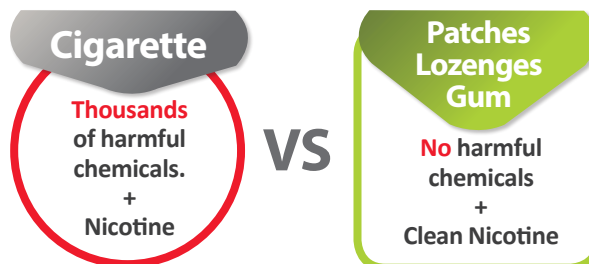
## Nicotine

Nicotine changes the chemistry in your brain, so it's harder to stop smoking. If you've struggled with stopping smoking, **it's not you – it's the addictive nature of a cigarette containing nicotine.**

One way of fooling the brain into not craving to smoke is to put “clean” nicotine into the bloodstream in the form of nicotine patches, lozenges, gum, nicotine inhalators, and nicotine oral spray.

They all work if used appropriately.

## What is in a cigarette?



## Types of Support:

### Phone:

**Quitline: 0800 778 778**

### Online:

**Quit Blog** – take a dip in the quitting river.

### Text:

**Quit Text - 3 months of supportive text messages.**

### One on One support:

**Community Cessation Providers:**

See “Quit Now” Brochure.

### Community Quit Groups:

Quitting smoking can be difficult especially if you try to go it alone. No one understands this more than other people who are going through it as well. That's why quitting in a group is so successful and that's why ADHB Smokefree runs community quit groups.

Lots of smokers try to go it alone but support from friends and family can also increase your chances of quitting. The more support you get the more likely you are to stay quit.

**Get your nurse to refer you to us and we'll add you to one of our community stop smoking groups.**

