

Some quitting tips for smokers

- Write down your own personal reasons to quit and refer to them if you ever feel tempted to light up.
- Even the worst cravings only last a few minutes.

Remember the '4Ds'

Delay

delay for at least 5 minutes and the urge will pass.

Deep breath

breath slowly and deeply

Do something else

keep your hands busy

Drink water

take 'time out,' sip slowly

- Sharing the experience with others who are also trying to quit can be a good motivation to stay on track. .
- The support of a Quit Course can help

Consider a QUIT Course today

www.quit.org.au

13 78 48

Kyabram District Health Service

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www.kyhealth.org.au

Healthy Community.
Local Care.

QUIT Smoking Program



Consumer Approved



**KYABRAM DISTRICT
HEALTH SERVICE**

Kyabram District Health Service offer a *Quit Smoking Program* that can help you quit for good

This program helps you to:

- Understand your addiction
- Learn why you smoke
- Chose the best way to quit
- Plan ways of dealing with quitting
- How to change behaviors
- How to stay quit for good

You can also gain information on how to deal with difficulties such as:

- Withdrawal
- Stress
- Weight gain

Community Health also offer various resources and literature for individuals (one on one) seeking to quit smoking OR Community groups, schools or work places seeking health education programs related to Quit.

More good reasons to quit

· Confidence: Quitting smoking is a challenge. Once you have quit, you will know you can succeed at a difficult job and take control of your life. Quitting helps you believe in yourself and take on other challenges.

· Fitness: Smoking makes it harder to exercise and reduces the benefits to your body. Smokers have more coughs and colds than non-smokers and take longer to feel well again.

· Money: In a way, giving up smoking is like getting a pay rise, more money in your pocket.

· Your Appearance: Skin starved of oxygen by smoking becomes dry and grey. Wrinkles around eyes and mouth develop much earlier, and the tar stains your teeth and fingers.

· Fertility: Men who smoke may suffer impotence. Smokers may produce less sperm and their sperm may have more abnormalities. Women who smoke take longer to conceive and are more likely to have a miscarriage.

· Babies: Born to mothers who smoked in pregnancy are more likely to be premature, stillborn or die shortly after birth. A baby exposed to tobacco smoke has a higher risk of dying from cot death.

· Children: Whose parents smoke are more likely to get pneumonia and bronchitis in their first year of life, to suffer from more frequent and more severe asthma attacks, and to become regular smokers themselves.

The smoking cessation program provides individuals with the support to quit smoking and provides health education and programs to groups, work places, schools, organisations and communities.