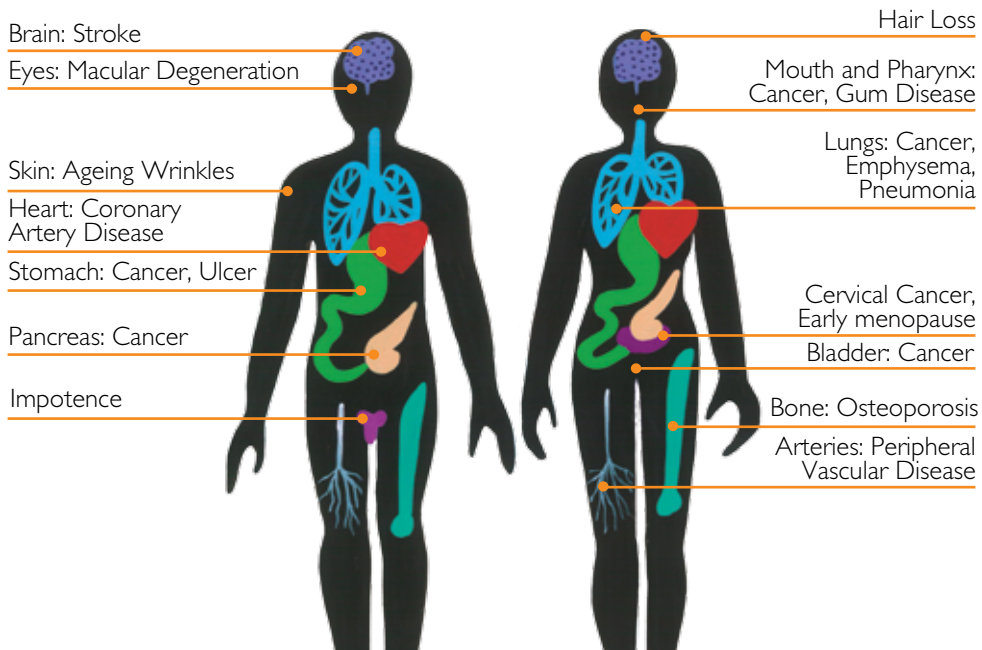


MEDICINES TO HELP  
YOU STOP SMOKING



# THE BEST THING YOU CAN DO FOR YOUR HEALTH IS TO STOP SMOKING

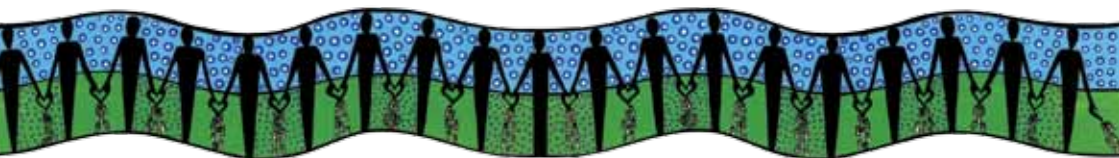
## THERE IS NO SAFE NUMBER OF CIGARETTES TO SMOKE



## TOBACCO AND MARIJUANA

People smoke cannabis and tobacco mixed together.

If you mix tobacco and cannabis (marijuana, hashish, yamdi, gunja), you can get hooked on tobacco. The smoke from both tobacco and cannabis contains toxic poisons. When you quit smoking tobacco, it is best to quit cannabis as well.



# GIVE YOUR BABY THE BEST CHANCE IN LIFE

## STOP SMOKING WHEN YOU'RE PREGNANT AND AFTER YOUR BABY IS BORN

### 3 good reasons to stop smoking

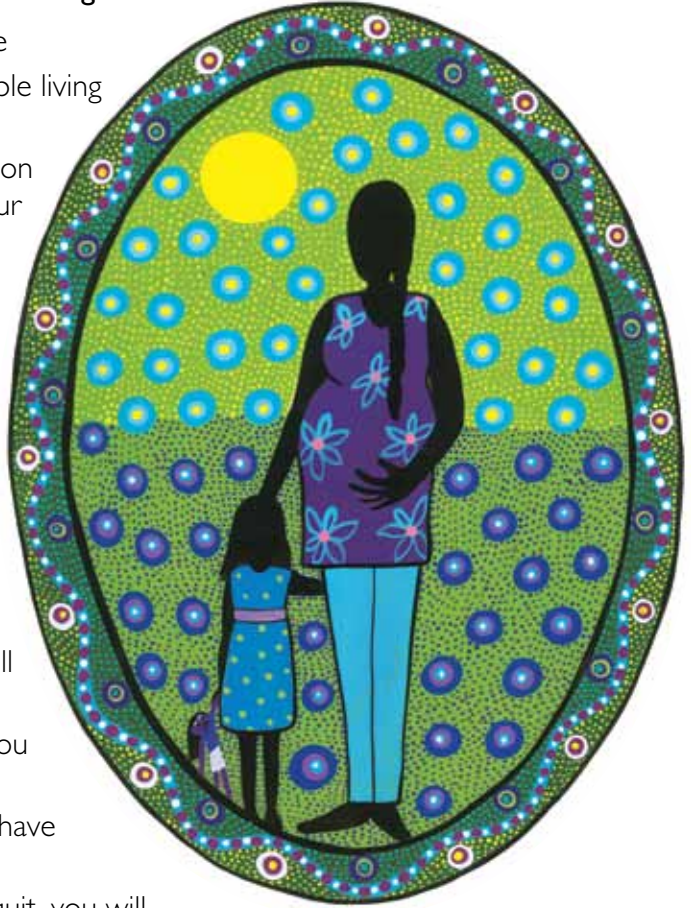
- Better health, longer life
- No more harm to people living around you
- More money to spend on things for yourself and your family

Smoking costs a lot of money. You can save thousands of dollars each year if you give up smokes.

- Within a couple of days you will have saved \$16.60
- Within a month you will have saved \$252
- Within three months you will have saved \$757
- At six months you will have saved \$1515
- A year after you have quit, you will have saved \$3030

*Quit Victoria Fact sheet: Quit and Save a Packet*

*Costs based on smoking one pack a day*

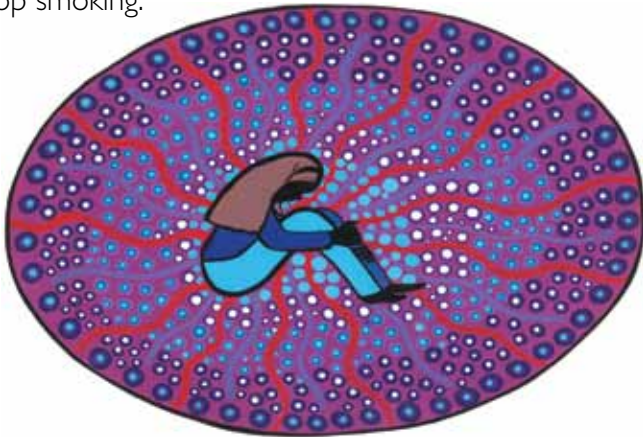


# ADDICTION TO NICOTINE MAKES IT HARD TO QUIT

Smoking is not just a bad habit. It's an addiction. It's the other poisons in cigarettes, such as tar and carbon monoxide, that do the harm, but nicotine keeps people smoking. Nicotine addiction is as strong or even stronger than heroin addiction.

## IF YOU ARE ADDICTED TO NICOTINE

It's hard to give up smoking because you will have withdrawal symptoms when you stop smoking.



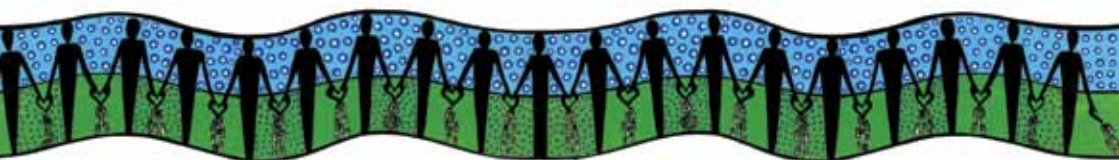
## NICOTINE WITHDRAWAL SYMPTOMS

You crave a cigarette, and you have other bad feelings:

- depression or moodiness
- can't sleep
- irritable, frustrated, angry
- anxiety
- hard to focus on what you're doing
- restlessness
- slower heart rate
- larger appetite or weight gain.

## TRY AND TRY AGAIN

There is no shame if you do not give up smoking the first time you try. Most people have many tries before they stop for good. It gets easier each time you try to quit.



# NICOTINE REPLACEMENT THERAPY (NRT)

## PEOPLE SMOKE FOR NICOTINE BUT DIE FROM CIGARETTE SMOKE

These medicines control nicotine withdrawal and make it easier to stop the smokes.

NRT is not a magic medicine that makes you stop smoking. It helps you to stop smoking. NRT has less nicotine than a cigarette, and none of the other toxic chemicals in tobacco smoke. NRT acts in your body much slower than the nicotine in a cigarette.

- You still have to try hard
- You still have to plan to stop and stay stopped.



### PATCH

Most people use one patch a day. The nicotine in a patch gets into the body through the skin and lasts for up to a whole day.



Tablet



Inhaler



Gum



Lozenge

### ORAL NRT

The nicotine in oral NRT gets into the body through the mouth and only lasts for about 1 to 2 hours.

To control nicotine withdrawal some people need a higher dose of NRT. This can be done by wearing two patches at once, or more often by using two forms of NRT at the same time, such as the patch or gum.

NRT should be kept away from kids under 12 as it can be dangerous.



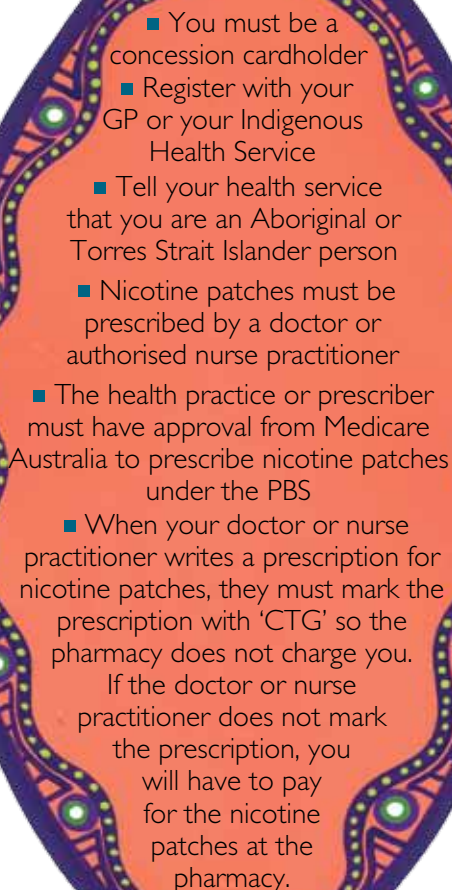
# HOW TO GET FREE NICOTINE PATCHES TO HELP YOU STOP SMOKING

Nicotine patches (Nicorette, 15 mg for 16 hours; Nicotinell Step 1 and Nicabate P, 21 mg per 24 hours) are free to Aboriginal and Torres Strait Islander people who are addicted to nicotine and want to stop under the 'Closing the Gap' program.

Other strength patches (14 mg and 7 mg), gum, lozenges, inhalers and tablets are NOT free on the PBS.

Only two courses of nicotine patches are free each year.

If you do not stop smoking with the two courses of nicotine patches, you can get PBS-subsidised bupropion or varenicline during that same year. These medicines are not free but they are cheaper because the government is paying some of the costs.

- 
- You must be a concession cardholder
  - Register with your GP or your Indigenous Health Service
  - Tell your health service that you are an Aboriginal or Torres Strait Islander person
  - Nicotine patches must be prescribed by a doctor or authorised nurse practitioner
  - The health practice or prescriber must have approval from Medicare Australia to prescribe nicotine patches under the PBS
  - When your doctor or nurse practitioner writes a prescription for nicotine patches, they must mark the prescription with 'CTG' so the pharmacy does not charge you. If the doctor or nurse practitioner does not mark the prescription, you will have to pay for the nicotine patches at the pharmacy.



# OTHER MEDICINES TO HELP YOU STOP SMOKING

Two other medicines can help you stop smoking

- Varenicline (Champix)
- Bupropion (Zyban and other brands).

These medicines are prescribed for you by your doctor or nurse practitioner.

You can't buy them at a supermarket or service station.

These medicines are not free.



# QUITLINE: 13 7848

Call the Quitline to get advice and help if you are trying to quit

Quitline is the cost of a local call.

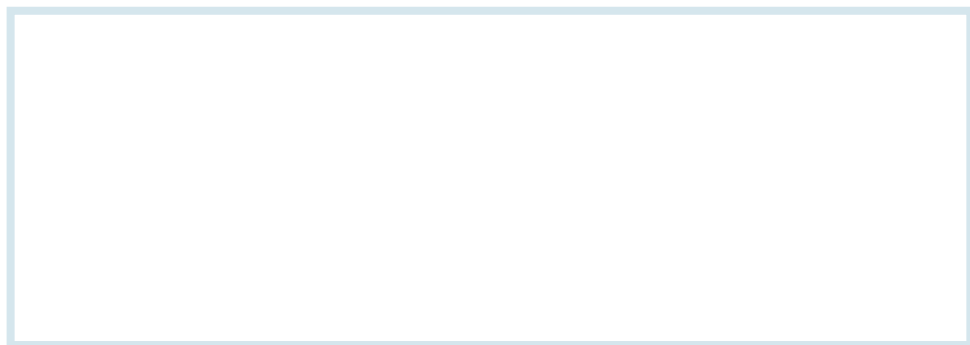


This user guide is a companion document to *Medicines to help Aboriginal and Torres Strait Islander people stop smoking: a guide for health workers*

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Prescribing clinicians should consult the prescribing information issued by the manufacturer.

This resource is funded as part of Tackling Indigenous Smoking and the Closing the Gap in Indigenous Health Outcomes Initiative of the Australian Government.



**[www.health.gov.au](http://www.health.gov.au)**

All information in this booklet is correct as at January 2012.

