

## Quitline Tasmania update

This seasonal update is intended for health professionals with the aim of informing and supporting your practice around smoking cessation.



Use of e-cigarettes has been increasing since 2016, especially among young people. There is no evidence to show that they are safe and effective smoking cessation aids and research shows that people who have never smoked may be more likely to take up tobacco smoking if they use e-cigarettes (NHMRC CEO statement, see link below).

**What are e-cigarettes?** E-cigarettes, also known as 'vapes', are electronic devices that heat a liquid (or 'juice') to create an aerosol that users inhale. They come in all shapes and sizes and can look like a highlighter, pen or USB. This means that they can easily be used without detection, unlike regular cigarettes.

E-cigarettes contain **many different chemicals**, none of which have been tested to show they are safe to inhale. And while packaging on an e-cigarette might say it doesn't contain nicotine, studies have found that most e-cigarettes in Australia are incorrectly labelled and do, in fact, **contain nicotine**. For young people this is of special concern, as their **brains are still developing** until they are 25 and nicotine use affects brain development especially the part responsible for attention, memory and learning.

Quit Tasmania has easy-to-read downloadable resources about vaping, for you and your clients, available on our website [here](#)

The National Health and Medical Research Council has recently released a CEO Statement on the safety and impacts of e-cigarettes based on review of the current evidence. It contains important **Key Messages** that you can share with your clients who may be considering using e-cigarettes.

[NHMRC link](#)

### **FREE WEBINAR: Supporting Smoking Cessation Care in Oncology Settings**

Did you know that quitting smoking at the time of a cancer diagnosis improves survival by more than 40 percent? However, despite this startling statistic few health services have prioritised the systematic integration of evidence-based cessation support into cancer care.

Join us on **Wednesday, 14 September 2022 from 7.30PM - 9.00PM AEST** for a free webinar to hear from world leader in smoking cessation for people with cancer, Dr Graham Warren, alongside Australian leaders in oncology. Dr Warren is a radiation oncologist and vice chairman for research in the Department of Radiation Oncology at the Medical University of South Carolina.

Please register in advance if you'd like to attend.

This event is brought to you by Quit Centre in partnership with Cancer Council.

[Register here](#)



### **It's time to start the conversation!**

**Smoking is still the leading cause of preventable death and disease in Australia.** *"Start the Conversation* challenges health professionals to raise the topic of smoking with their patients. The stories on this site are about real patients and clinicians. They share their experiences about the life-changing conversations that resulted in people quitting smoking."



[Alfred Health link](#)

## **Satisfaction with Quitline Tasmania: Findings from the 2022 Quitline Service Evaluation**

- *90% of people utilise Quitline for ongoing support and counselling before during and after quit attempts via Quitline's callback system*
- *nearly 90% of Quitline users would recommend Quitline to others*
- *90% of Quitline users would use Quitline again if they experienced a relapse*



### **Quit Centre - accredited online training for you!**

"In consultation with health professionals, Quit Victoria has developed a range of online training for health professionals working in different settings such as general practice, pharmacy and pregnancy and maternity health. The training equips health professionals with the skills, confidence and knowledge to provide cessation care. Please check it out via the button to the right".



## Current Quit Tasmania Campaign

Our current social marketing campaign began on 14 August and concludes on 10 October.

This latest campaign is a mix of messages - and is being aired statewide across various media channels, including television, social and digital.

To view the campaign television ads, go to our website [here](#) (NB: Link may be valid only while campaign is in licence)



## Would your practice benefit from a service visit from Quitline?

Would your practice like a service visit to help your health providers understand the benefits of referring to Quitline and what your patient can expect? Please contact Sue to arrange on 61691943 or [shearn@cancertas.org.au](mailto:shearn@cancertas.org.au).

*(We are based in Hobart. Where we can we will come and visit in person, but in some cases may need to arrange via Zoom.)*



*Quit Tasmania is a program of Cancer Council Tasmania -  
supported by the Department of Health*

Quit Tasmania  
15 Princes St, Sandy Bay TAS 7005

Thank you for referring your patients to Quitline Tasmania. We  
hope this information is useful.

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