

## Getting the dose of NRT right

Some people need two patches plus other forms of NRT to control their cravings. Getting the dose right can take time. Stick with it!

## Reasons To Quit

People have many reasons to quit but you need to find your own reasons.

- Quitting before the age of 50 halves your chance of dying over the next 15 years.
- Quitting significantly reduces your risk of heart attack.
- Quitting helps prevent stomach ulcers.
- Smoking causes over 90% of all lung cancers.
- Smoking causes emphysema.
- Smoking makes men impotent!
- Smoking causes osteoporosis (weak bones).
- Smoking during pregnancy increases the risk of birth defects.
- Smoking during pregnancy harms your baby.
- Smoking causes wrinkles, bad breath and yellow teeth.
- Smoking causes snoring.
- Smoking causes macular degeneration (eye disease).

What will be your reason for quitting?

## Smoke Free Clinic

For more advice or to book an appointment, please contact:

**Althea Wellness Centre**

**6122 8080**

## Protecting Your Privacy

We respect your privacy.

We will keep your personal information secure and protected from unauthorised access or improper use. We will only disclose your information if it is authorised by you or mandated by law. All our services comply with privacy legislation.

Adapted from 'Using Nicotine Replacement Therapy' Dr Marcus McMahon

# DIRECTIONS ACT

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*Althea Wellness  
Centre*

## Smoke Free Clinic



# DIRECTIONS ACT

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## Nicotine Replacement Therapy (NRT)

### Success with NRT

It is quite safe to use patches and other NRT such as lozenges, microtabs and gum. Use as much NRT as you need to control cravings. Make sure you change the patch every night before bed and leave the patch on in the shower.

*It is important to tailor NRT to your individual needs for optimum success*

### Using the patch

Put the patch on at night time. Do this just before you go to bed because it takes 6 to 8 hours for the nicotine in the patch to be fully absorbed by the body.

### The 16-hour patch

This patch is not appropriate for most people because it takes so long for the nicotine to get into the blood stream. You do not get the beneficial effect until later in the day.

### Managing cravings

Carry some jelly beans or similar sweets. A small 'hit' of sugar helps reduce the craving for nicotine. You can also use other forms of NRT such as gum, microtabs or lozenges.

### Angina and NRT

It is quite safe to use NRT if you have a history of heart disease. In fact it is much safer to use NRT than to continue smoking.

## Preparing to quit

### Seek further advice

Once you have made your decision to be smoke free, you can seek further advice or book an appointment at The Althea Wellness Centre Smoke Free Clinic.

### Enlist support

Tell your family, work colleagues and friends that you are trying to quit and ask for their support.

### Avoid alcohol for two weeks

Drinking alcohol during the first two weeks of your quit attempt can impair your judgment and make it easier for you to relapse.

### Reduce caffeine

Halve your caffeine/coffee consumption to avoid caffeine toxicity.

### Identify your smoking triggers

These could be having a cup of coffee, after work drinks, going to a night club with friends or when the phone rings at home.

**Some people gain weight** when they first give up smoking. However this is often temporary and the health benefits of quitting far exceed a small amount of weight gain. Many people give up smoking without gaining weight. If you are worried about weight gain, try the following helpful hints:

- exercise every day
- eat smaller portions
- drink less alcohol
- avoid fizzy drinks
- replace snack foods with fruit
- use NRT.

## Coping Strategies

### Reducing the risk of relapse

Cravings are most frequent in the first few days after quitting. If you use a nicotine replacement such as patches, Bupropion (Zyban) or Varenicline (Champix) you will reduce your symptoms of nicotine withdrawal.

**The 4 Ds** are a proven strategy for reducing the risk of relapse:

- **Delay** acting on the urge to smoke. After 5 minutes the urge to smoke weakens and your resolve to quit will return.
- **Deep** breathing. Take a long, slow breath in then slowly breathe out. Repeat 3 times.
- **Drink** water slowly, holding it in your mouth a little longer to savour the taste.
- **Do** something else to take your mind off smoking; a little exercise is a good alternative.

Avoid major triggers for smoking early in your quitting attempt. Common triggers are alcohol, coffee and being around smokers.

*Thinking 'I can have just one' is the way most people go back to regular smoking*

