

# TACKLING INDIGENOUS SMOKING

RESPECT YOUR HEALTH · RESPECT YOUR CULTURE · BE SMOKE FREE



Bega  
Garnbirringu  
HEALTH SERVICE



PUYU WANTIKATINHI  
LEAVE THE SMOKE'S ALONE



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# TACKLING INDIGENOUS SMOKING PROGRAM

The Tackling Indigenous Smoking (TIS) program at Bega Garnbirringu Health Service (Bega) aims to improve the health of Aboriginal and Torres Strait Islander people by reducing tobacco use. The Tobacco Action Team provide culturally appropriate smoking cessation activities to Aboriginal people in the Goldfields region that aim to:

- Increase community understanding of the dangers of smoking and links with chronic diseases
- Promote benefits of quitting or never becoming a smoker
- Discourage smoking among young people and pregnant women
- Encourage and support smokers to quit
- Support communities to establish smoke-free homes, workplaces and public spaces

## ACKNOWLEDGEMENT

Bega Garnbirringu Health Services (Bega) acknowledge and respect the traditional owners of the land and pay respect to elders past, present and emerging. Bega also acknowledge the great diversity and resilience of Aboriginal people from across Australia and the Torres Strait Islands.

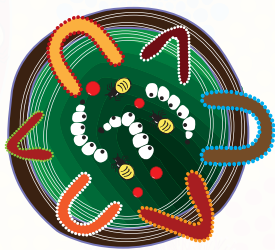
This booklet has been created to support and educate Aboriginal people and communities. This booklet serves as a guide only. Please contact your Doctor, Health Worker or Quitline for more information and support.

Bega like to acknowledge and thank the organisations and individuals that provided information and feedback on this resource. Information in this book has been adapted from the 'Follow the path to a healthy body' and 'Quitline Aboriginal Liaison Team' resources.

# TOBACCO HISTORY

Before colonisation, Aboriginal people used native tobacco 'pituri' only during cultural ceremonies. Tobacco smoking was NEVER part of the Aboriginal culture.

With colonisation of Australia, smoking tobacco was introduced to Aboriginal people. Tobacco was exchanged for cultural knowledge, goods and work. It was also used as a reward and bribe to Aboriginal people. Colonisation caused high levels of personal and social stress raising widespread addiction very quickly.



Today, tobacco smoking is the most common preventable cause of diseases and death in Australia. Around 37% of Aboriginal people smoke tobacco. That means two in every five Aboriginal people smoke tobacco. It is even higher in regional and remote areas.

Giving up smoking can be hard for some people. This is because the nicotine in tobacco is an addictive substance, and your smoking may be a strong habit. There are lot of reasons why people smoke. It may help you cope; help you relax; get an energy lift; or to be part of the group, and you may wonder how you would manage things without a cigarette.



# WHAT'S IN A CIGARETTE?

Cigarette and rolling tobacco are made from tobacco leaves. Once the leaves are dried they are treated with many chemicals to taste better. Cigarette smoke contains more than 7000 chemicals and 70 of them are known to cause cancer.



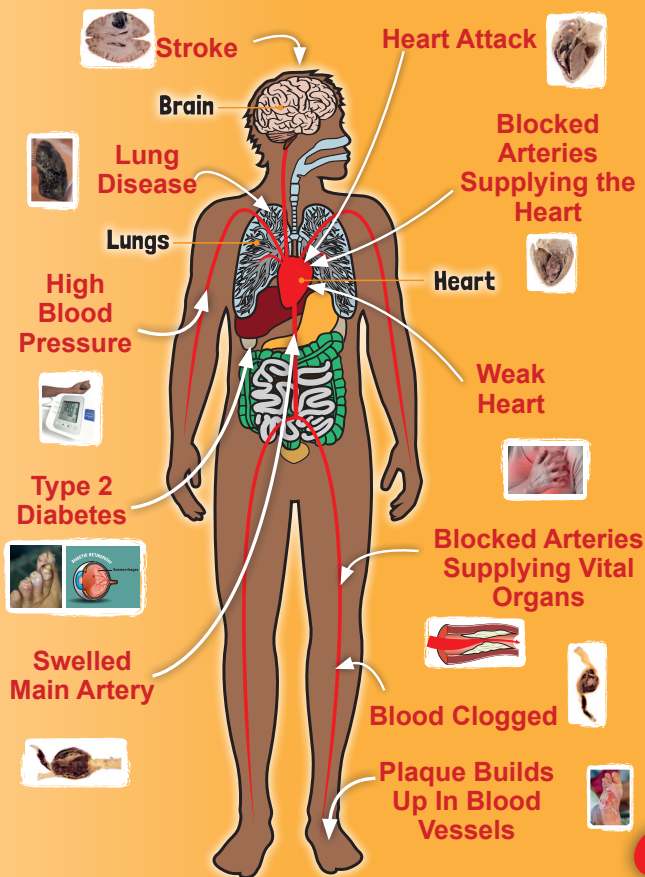


# HOW SMOKING MAKES YOU SICK?

Smoking affects many parts of the body, both inside and outside.

The more you smoke, the more you harm your body.

Smoking causes 16 types of cancer, heart diseases, lung diseases and you are at higher risk of getting chronic diseases such as stroke and diabetes.



# HEALTH EFFECTS OF VAPING / E-CIGARETTES

Electronic cigarettes (also known as e-cigarettes or vapes) are battery-operated devices that allow the user to inhale nicotine or other chemicals in a vapour form. The liquids used in e-cigarettes can contain nicotine, but also flavourings and harmful substances such as heavy metals, volatile organic compounds and cancer-causing chemicals. Currently, it is illegal in Australia to sell nicotine for use in e-cigarettes because nicotine is dangerous poison. In WA, it is illegal to sell any e-cigarette device that resembles a tobacco product.

E-cigarettes are relatively new products and the long-term safety and health effects associated with their use and exposure to second-hand vapour are very limited. Some sellers of e-cigarettes claim that they are less harmful than cigarettes or can be used to help quit smoking. This is not true, unless the product has been tested and approved by Therapeutic Goods Administration (TGA).

There is strong and accumulating evidence from United States and Canada shows that using e-cigarettes can have serious immediate health effects. Individuals who use e-cigarettes are presenting with unexplained respiratory symptoms (cough, shortness of breath, chest pain), gastrointestinal symptoms (nausea, vomiting, diarrhea), heart diseases, fatigue, fever, headache and weight loss. The latest research shows that e-cigarettes also damages brain stem cells and contributes to premature skin ageing. Anyone using e-cigarette products or exposed to e-cigarette emissions is potentially at higher risk. This includes but is not limited to young people, pregnant women and their unborn children.



# SMOKING DURING PREGNANCY

Smoking during pregnancy or around pregnant mother is harmful to mother and the unborn child. Each time you have a cigarette, you are breathing in harmful chemicals. These chemicals travel to the baby and reduce the amount of oxygen and essential nutrients needed for baby's growth.

Smoking during pregnancy can cause:

- Smaller baby (underdeveloped lungs, heart and brain)
- Premature birth (being born too early)
- Miscarriage
- Stillbirth / Stillborn (baby is not alive when born)
- Babies are at higher risk of getting asthma, high blood pressure and diabetes.

The best thing you can do for yourself and your baby is **QUIT SMOKING**. Don't allow anyone smoke near pregnant mothers or young children.



# WHAT IS SECOND-HAND SMOKE?

Second-hand smoking (passive smoking) occurs when you breathe in someone else's tobacco smoke. The more smoke you are exposed to, the greater the risk of harm to your body. There is NO safe level of exposure to second-hand smoke. Smoking near old people, pregnant mothers and kids can make them really sick. Smoking near children can give them lung diseases, asthma, cold, flu, ear infections and other developmental problems.

**Make your home and car smoke-free!**

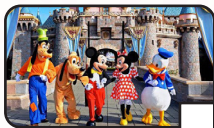


# SMOKING COSTS TOO MUCH!

Cigarettes are expensive and quitting smoking can save money for yourself and your family. If you quit smoking, **you could save more than \$16,000 a year.** You can spend this money on buying a new car or a family holiday to Disneyland. Over the years, you can save money to put a deposit on a house.

\$  A WEEK  
X 52 WEEKS  
= \$   
A YEAR

**WHAT WOULD YOU DO WITH THE  
MONEY YOU SAVE?**



**BONUS: YOU COULD SAVE  
YOUR LIFE TOO!**

# HEALTH BENEFITS OF QUITTING SMOKING

As soon as you stop smoking your body begins to repair itself...

Within 20 mins	Your <b>Heart Rate</b> slows and your blood pressure decreases
Within 8 hours	Excess <b>Carbon Monoxide</b> is out of your blood
Within a day	Most <b>Nicotine</b> is out of your blood
Within 1 week	Your sense of <b>Taste and Smell</b> may improve
Within 4 weeks	Your <b>Blood Flow</b> is improving
Within 3 months	Your <b>Lungs</b> are working better
Within 1 year	Your risk of <b>Heart Disease</b> has halved
After 5 years	Your risk of <b>Stroke</b> has greatly reduced
After 10 years	Your risk of <b>Cancers</b> (lung, mouth, throat, pancreas) has declined
After 15 years	Your risk of heart attack and stroke is close to someone who has <b>Never Smoked</b> .

## OTHER BENEFITS OF QUITTING SMOKING

- Get better health for yourself and your family.
- Live longer
- Look younger and fit
- Have more energy
- Save lots of money
- Be a good role model for your family and community.
- Make your family and children proud.
- Feel good and proud of yourself.
- Have more control over your life.
- Have more time to do the things you really enjoy.





# WHY DO YOU SMOKE?

## 1. UNDERSTAND YOUR NICOTINE ADDICTION

Nicotine is the addictive substance found in tobacco. After you have been smoking for a while, your body gets used to nicotine and relies on it to feel normal. You are addicted if you have any of the signs listed below:

- You smoke your first cigarette within 30 minutes of waking up.
- You smoke more than 10 cigarettes per day.
- You have cravings and withdrawal symptoms when you try to quit.

## 2. HABIT

Smokers link habit with cigarettes. They feel like smoking while doing things or taking a break, for example:

Over the phone → Craving → Cigarette

After a meal → Craving → Cigarette

Drinking alcohol → Craving → Cigarette

With coffee → Craving → Cigarette

## 3. EMOTIONS

Smokers also link feelings with cigarettes, and these can become triggers for craving a cigarette. For example:

Angry → Craving → Cigarette

Happy → Craving → Cigarette

Bored → Craving → Cigarette

Stressed → Craving → Cigarette

Many smokers are addicted in all three ways. Knowing what makes you want to smoke can help you plan how to cope in trigger situations.

# CHOOSE THE BEST WAY TO QUIT

**COLD TURKEY** - means giving up smoking suddenly, without the help of quitting medications. Most smokers use this way but you still need to plan for this and get support.

**CUTTING DOWN** - means you cut down number of smokes you have each day, until you no longer smoke. For example, if you smoke 20 cigarettes a day, you can cut down 4 cigarettes each day

**Day 1** - 20 cigarettes

**Day 2** - 16 cigarettes

**Day 3** - 12 cigarettes

**Day 4** - 8 cigarettes

**Day 5** - 4 cigarettes

**Day 6** - Quit Day

**POSTPONING** - means that you delay the time at which you start smoking by number of hours per day. Each day you delay your start time further until you are no longer smoking at all. For example,

**Day 1** - 9 am

**Day 2** - 11 am

**Day 3** - 1 pm

**Day 4** - 3 pm

**Day 5** - 5 pm

**Day 6** - 7 pm

**Day 7** - Quit Day



# CHOOSE THE BEST WAY TO QUIT

## PRESCRIPTION MEDICATIONS

Both Bupropion (Zyban) and Varenicline (Champix) reduce withdrawal symptoms when you quit. Varenicline also works on brain receptors by making smoking less satisfying. These medications are not suitable for everyone and you should talk to your doctor or health worker to find out if they're right for you.



## QUITLINE (13 78 48)

The Quitline is a confidential free telephone counselling service. The Quitline counsellor can talk with you about your difficulties and give you information and support. Aboriginal people can also request to speak with Aboriginal counsellors and request call backs.



## MOBILE APPS



'My QuitBuddy' is a mobile phone app designed to support and encourage you on your journey to becoming smoke-free. The personalised application provides a countdown to your quit attempt, tracks your quitting progress and checks in to make sure you stay smoke free.



The 'Quit for You-Quit for Two' mobile phone app provides help and support for pregnant women quitting smoking. The app inspires you to keep on your quit journey by providing amazing facts about your baby's development and distracts from cravings with practical quit tips or fun games. A savings calculator keeps track of all the money you save by not smoking and gives ideas about what you could buy with the money saved.

# NICOTINE REPLACEMENT THERAPY

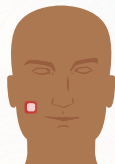
The Nicotine Replacement Therapy (NRT) works by reducing withdrawal symptoms such as cravings, irritability, mood swings and anxiety. These medicines have small amounts of nicotine without all the other harmful chemicals. They increase your chances of quitting successfully. They come as patches, gum, lozenges, inhalers and sprays. You can use one or more products in combination. Speak to your doctor for a script to get free or discounted NRTs.

## NICOTINE GUM

Nicotine gum is NOT chewing gum. Don't swallow the gum and try not to chew too often. The nicotine is absorbed through the lining of your mouth, so if you chew too much you will only swallow the nicotine and may feel sick.

### How to use it

- Place a gum in your mouth and chew 3-4 times to release nicotine. You should feel a tingling or peppery taste.
- Place the gum between your cheek and teeth.
- Move gum occasionally from one side of the mouth to the other.
- Chew 2-3 times to release nicotine.
- *Avoid eating or drinking when you have the gum in your mouth.*
- Throw the gum in the bin after about 30 minutes.



### How many, how often

- Use a gum every time you think about having a cigarette.
- Do not chew more than 20 x 2mg or 10 x 4mg gums per day.



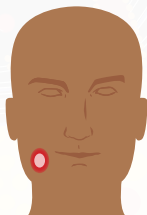
## NICOTINE LOZENGE

### How to use it

- Place a lozenge in your mouth and allow to dissolve.
- Take 3-4 sucks to release nicotine (do not chew).
- Place lozenge between cheek and teeth.
- Move lozenge occasionally from one side of the mouth to the other.
- Suck every 5 minutes. Let lozenge dissolve completely.
- For the first 6 weeks, use lozenges about every 1-2 hours.
- *DO NOT chew or swallow the lozenge*; you will not get the nicotine you need.

### How many, how often

- Take one lozenge every time you think about having a cigarette.
- Do not use more than 15 lozenges per day.



**Please store & dispose of NRT products safely.  
They should be treated as medications.**

This booklet provides general information. Check with your health professional if you have any questions. Take only as directed.

Please call your doctor or health professional if you have any negative side-effects from any Nicotine Replacement Therapy products.

## NICOTINE PATCH

A nicotine patch is a band-aid containing nicotine. It slowly releases a small amount of nicotine into your body. Nicotine patches are available as 16-hour and 24-hour patches.

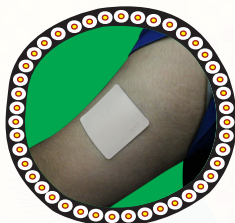
*If you are pregnant, check with your midwife or doctor before using patches.*

### How to use it

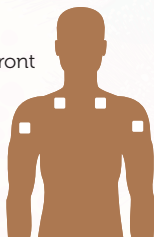
- Apply the patch to your skin between the waist and shoulder on a clean, dry, non-fatty and hairless area. You can apply on the chest, rib cage, back, shoulder and side of upper arm.
- Hold down for 10-20 seconds.
- Use a new patch every day. Dispose of the used patch in the bin.
- Use a different part of the body each day, not a newly shaved area.
- *Cut down your coffee & alcohol consumption by half when you use a patch.*

### How many, how often

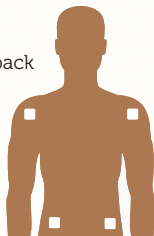
- A 16-hour patch is used during daytime. Apply it first thing in the morning and remove before going to bed.
- Apply a 24 hour patch every night before going to bed. Replace it with a new patch after 24 hours.
- Make sure to use patches for at least 8 weeks (or as prescribed by your doctor).



front



back



## NICOTINE MOUTH SPRAY

### How to use it

- Shake the pump before using.
- Point the spray towards the inside of your cheek and spray.
- Do not swallow for few seconds.
- Use 1 to 2 sprays when you would normally smoke a cigarette or have cravings to smoke.
- *Take care not to spray on your lips, face or eyes.*



### How much, how often

- Use 1 or 2 sprays every 30 minutes to 1 hour.
- Do not use more than 64 sprays per day.



Bega  
Garbirringu  
HEALTH SERVICE

### Bega Garbirringu Health Services

16-18 MacDonald St, Kalgoorlie WA 6430

Ph: 9022 5500 Fax: 9021 1302

[nosmokes@bega.org.au](mailto:nosmokes@bega.org.au)

[www.bega.org.au](http://www.bega.org.au)





# MY QUITTING PLAN

My main reasons to quit:

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The support I will get:

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The nicotine replacement products or quitting medication I will use:

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My three main triggers to smoke:

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Instead of smoking I will:

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I will

- See Tobacco Action Team on: \_\_\_\_\_
- Call Quitline 13 78 48 on: \_\_\_\_\_
- See Bega doctor on: \_\_\_\_\_
- Set a quit date on: \_\_\_\_\_

# QUITTING TIPS

- Talk to other people who quit successfully
- Join a social group, hobby or gym
- Know what triggers you to smoke
- Remember it can take several attempts to stay quit
- Phone a friend or call Quitline on 13 78 48
- Remember the 4Ds



## DELAY

Try to wait 3 to 5 minutes before having a cigarette



## DEEP BREATHE

Take at least 10 deep and slow breaths



## DRINK WATER

Sip it slowly to help relieve the urge



## DO SOMETHING ELSE

Try to find something to distract you

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