

“4 out of 5 smokers wish they had never started.”

Get Motivated:



Focus on these to help you succeed

Break the Addiction

A smoker likes smoking and does not like stopping

Why? Because the addiction to nicotine drives cravings – none when the level is high strong cravings when low!

So keep the level up with nicotine patches, Gum, or lozenges.

Change the Habits:

activities *emotions* *or smoking*
Certain things make you want to smoke, like stress at work, drinking a cup of coffee, after a meal, or just watching the game with friends!

These are all trigger moments – times or situations that stimulate the desire to smoke. Get to know them, list them, and un-trigger them by changing what you do.

Gain Support:

Now is *always* the time to take up an offer of support to quit. Your nurse, doctor, physiotherapist, dietician, pharmacist and many other health professionals can help you. Just ask and they will contact ADHB Smokefree services to help you.

Help to stop smoking contacts:

Auckland DHB is working with, and supports, **Procure** and the **Fono**, to provide face to face stop smoking services in its-area:

Ring: 0800 500 601

Email: stopsmoking@procure.co.nz

You can still talk with a help to stop practitioner at **Quitline**.

Ring: 0800 778 778

If texting is easier for you then,

Text: 0273267334



ADHB 2025
SMOKEFREE

You can stop;
Give it a go;
We can help you.



2 Park Road, Grafton, Auckland 1142

2B Smokefree

Help is Here



“There’s so much to gain by giving up smoking”
stopping

Gain

Money, Time & Health!

Welcome Haere Mai | Respect Mānaki
Together Tūhono | Aim High Angamua



The Smoke: ✓

Inhaling smoke is what does the long term damage and disease. According to the World Health Organization, tobacco caused 100 million deaths in the 20th century.



Nicotine and cravings: ✓

Because nicotine is very much like a chemical messenger in the brain, a hit of nicotine, from tobacco smoke, forces the release of "feel good" chemicals within it. Over time smoking tobacco establishes a nicotine hook into these chemicals and a drop in nicotine levels in the blood triggers strong cravings to get the "feel good" chemicals back.

Nicotine and anxiety: ✓

For a person who smokes tobacco, when their blood nicotine levels drop the first feelings are a craving to smoke that then quickly change to feelings of anxiety produced by nicotine withdrawal.

Bold →

“Life is no more anxiety provoking for a smoker than a non-smoker.

Once a person breaks the addiction and habit of smoking life feels so much less stressful.”

New paragraph
in medical

Clean Nicotine

Nicotine is a naturally occurring chemical in the nightshade plant family: tomatoes, chillies, peppers, eggplant, and yes potatoes. It kills insects. When eaten the nicotine is broken down in the gut. Nicotine in tobacco smoke is delivered in a toxic way. Vaporised nicotine is far less of a concern.

Nicotine delivered in patches, lozenges, gum, inhalator cartridges and sprays is clean. ✓

Results

from quitting smoking ✓

Within 20 minutes:
Your heart rate and blood pressure drops

Within 1-2 hours:
The carbon monoxide level in your blood starts to drop towards normal

Within a day:
Almost all of the nicotine is out of your blood stream

Within 1-3 days:
Your risk of a heart attack or stroke begins to drop

Within a week:
Your lung's natural cleaning will start to recover and become better at removing mucus, tar and dust. ✓

I can do it by myself! ✓

New paragraph
in 2nd

Yes we know that some people can stop by themselves, not a lot, but yes they do. So if you feel this way check below and behind this page.

Medical Nicotine: ✓

To stop cravings, and make an easy path to stopping smoking, we use medical nicotine.

Below are the basic instructions in use

Nicotine Gum (subsidised):

Bite on the gum 3-5 times and then place in the side of the mouth, when the "hot" feeling goes away bite again and rest in the other cheek. Chew slow. Chewing all the time will give you a sore throat. ✓

Nicotine Lozenge (subsidised):

Place it in the side of the mouth and allow it to dissolve: do not suck, bite, or chew. Spit out after 30 minutes. Use one every 2 hours along with the patch. ✓

Nicotine Patch (subsidised):

Place on smooth skin and leave in place for 24 hours. Take off at night if sleep is disturbed. Combine with other items. Combining with other items increases your chances of quitting. ✓

Nicotine spray (not subsidised):

Point the nozzle to spray under the tongue with your mouth open and spray once. Within 1 minute your will feel like not smoking! Cravings will disappear

Nicotine Inhalator (not subsidised):

Fit a cartridge into the plastic piece. So the foil at each end is broken. Break 2 halves together. Twist. Inhale. Use until cravings disappear. → Push

