

Help to Quit

"It's never too late!"



Did you know there are a range of options available to help you quit smoking?

Nicotine Replacement Therapy (NRT)

- Safe and effective
- Doubles your chances of quitting
- Patches, gum and lozenges are all available for a dispensing fee of \$5 per product for an 8-week supply.

Champix

- Triples your chances of quitting
- Fully subsidised
- Available on prescription under certain circumstances.

Zyban

- A sustained release medication
- Can be used in conjunction with NRT
- Also subsidised
- Available by prescription.

Other subsidised and non-subsidised options are available including nicotine mouth spray, microtabs and the inhaler. Ask your pharmacist to find out more. You can also ask your GP about help to quit smoking.

What's the cost of your smoking?

The average smoker smokes about 20 cigarettes per day – that's about \$120 per week or:

\$520 monthly – a flight to the Pacific Islands or Australia

\$6,200 yearly – a year's university fees and books

\$62,000 over ten years – a house deposit.

What happens after you smoke your last cigarette?

After 3 days – your chances of heart attack and stroke start dropping

1 month – your circulation improves, your energy levels rise

3-12 months – your congestion, fatigue, and your shortness of breath decrease

1 year – your risk of coronary heart disease is half that of a smoker

10 years – your risk of developing several types of cancer is decreased.

Quit Smoking Services

Find a *free* programme that suits you!

Aukati KaiPaipa

Free smoking cessation for Maori and their whanau

Ngati Whatua o Orakei Community Health

Phone 09 578 0941 ext 1, fax 09 521 4692 or email:
meraniak@orakeihealth.org.nz

Te Ha Oranga

Te Ha Oranga Helensville – phone 09 420 8523 or email:
glendith.samson@tehaoranga.co.nz

Te Ha Oranga Wellsford – phone 09 423 6091 or email:
colin.dawson@tehaoranga.co.nz

Community Pharmacies

A free pharmacy support service for all people trying to quit – for locations please consult www.procare.co.nz

ELECT

Providing support for people to quit before surgery –
phone (09) 486 8920 ext 2117 or email: elect@waitematadhb.govt.nz

North Shore and Waitakere Hospitals

A specialist smoking cessation service for inpatients and outpatients who are having difficulty quitting – a referral can be arranged by a hospital staff member involved in your care.

Pacific Quit Smoking Service

A free face-to-face service supporting Pacific smokers and their families to be smokefree – contact the Pacific team by phone on 0800 867 848 or fax 09 623 4665

Quitline

Free telephone advice, text service and quit blog support:
0800 778 778 | www.quit.org.nz | www.txt2quit.org.nz

Smokefree Communities Programme

0508 QUIT NOW (0508 784 866) or email: help@quitnow.org.nz
for free successful quit smoking support services

Pregnancy Smokefree – supporting pregnant women and their families

Smokefree Families – supporting families with children aged under 16

Asian Smokefree – supporting Asian people and their families.

Our service includes free home visits, phone/email/text support and subsidised NRT. We have coordinators who speak English, Maori, Samoan, Hindi, Fijian Hindi, Mandarin, Cantonese and Korean.

Smokestop

Free internet based smoking cessation support at:
www.smokestop.co.nz