



Workplace *Wellness* Program

Smoking

Many smokers need to practice quitting several times before they give up for good. The best advice is to keep trying. Practice helps smokers plan what to do the next time they get an urge to smoke.

Approaches to quitting

Cold turkey

This means stopping smoking completely, without using any form of help. The research shows that you are more likely to quit successfully if you seek support and try nicotine replacement therapy or other medications.

Nicotine replacement therapy (NRT) and other medications

Using nicotine gum, patches, lozenges, tablets or inhalers is shown to be useful for many smokers. Your doctor or pharmacist will explain how to use these products. There are also non-nicotine medications, such as Champix and Zyban, available to help people quit. Some products are available at a reduced cost on the Pharmaceutical Benefits Scheme. Speak to your doctor about obtaining a prescription for the right product for you.

Alternative therapies

While there is often interest in herbal remedies, spiritual healing or other alternative therapies, there is insufficient evidence on the effectiveness of these methods for quitting.

Recommendations

- Choose a method that is safe, effective and suits you.
- Be wary of methods or products that promise success without you having to do anything or that make exaggerated claims of success rates.
- Nicotine is highly addictive and while various products can assist a person to quit smoking, there is no easy fix.

Coping with withdrawal symptoms

The first few days of quitting can be the hardest, as you may feel tired, irritable and tense. Few people quit without experiencing cravings but over time, these symptoms will disappear. Make a plan for how you will cope in tricky situations after you have quit and think about using one of the nicotine replacement products available to help reduce withdrawal symptoms.

Around 40 per cent of smokers attempt to quit more than twice in any given year. Smokers should not feel disheartened if they are not successful at first. Nearly half of those who quit say pharmacotherapy and advice from health professionals were the major contributors to their success.

***Workplace Quit Smoking Program – Free for Landscapers –
Quitline 13 7848***

Our next Edition will look at the five most common concerns smokers often raise about quitting.

This information was reproduced from information available from Cancer Council Queensland's QUEST program – quest.org.au or available from Cancer Council Queensland's website – cancerqld.org.au.



Landscape Queensland is working with Workplace Health and Safety Queensland on a Healthy Workers Initiative as part of the Queensland Government's Healthier.Happier.Workplaces.Initiative.

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