



## QUIT SMOKING

**Quitting smoking has many great benefits, in fact it is the one thing shown to make the biggest positive impact on your health. It is also great for your family's health and for your wallet too.**

Every day, New Zealanders are quitting smoking to enjoy these benefits. Nobody will pretend stopping smoking is easy, but if you are thinking about quitting, and you feel the time is right for you to make the change from being a smoker to a non-smoker, then there is a lot of support available to help you.

### **How we can help**

Quitting smoking is one of the best decisions you'll ever make. If you're ready to quit smoking, we're ready to help. Please ask our nurses or doctors for advice and support to help you quit smoking. There are many options available to help you quit smoking. Your Doctor or Nurse will work with you to find the best treatment option to fit your lifestyle.

There are many support options you can utilise during your journey to quit smoking:

- Phone support
- Online support
- Text support
- Nicotine patches, gum and lozenges
- Referral to a face-to-face service

### **Nicotine Replacement Therapy (NRT)**

Using patches, gum and lozenges for eight weeks can double your chances of quitting. They will reduce your cigarette cravings without damaging your health. They work by replacing some of the nicotine you usually get from cigarettes or tobacco.

### **Non-Nicotine quit treatments**

Non-nicotine quit treatments such as Champix reduce the negative sensations of nicotine withdrawal so you do not miss having a cigarette so badly. It also blocks the pleasant sensations of smoking so having a cigarette is less enjoyable. Non-Nicotine medications must be prescribed by your doctor. They can be useful, and your doctor will explain how to use them, and discuss if this is a suitable solution for you.

### **10 health benefits of stopping smoking**

#### **Stopping smoking lets you breathe more easily**

People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10% within 9 months.

### **Stopping smoking gives you more energy and improves your immunity**

Within 2 to 12 weeks of stopping smoking, your blood circulation improves. This makes all physical activity, including walking and running, much easier. You'll also give a boost to your immune system, making it easier to fight off colds and flu. The increase in oxygen in the body can also reduce tiredness and the likelihood of headaches.

### **Ditch the cigarettes and feel less stressed**

The withdrawal from nicotine between cigarettes can heighten feelings of stress. As the stress of withdrawal feels the same as other stresses, it's easy to confuse normal stress with nicotine withdrawal, so it can seem like smoking is reducing other stresses. But this is not the case. In fact, scientific studies show people's stress levels are lower after they stop smoking.

If you find that you're prone to stress, replacing smoking with a healthier, better way of dealing with stress can give you some real benefits.

### **Quitting leads to better sex**

Stopping smoking improves the body's blood flow, so improves sensitivity. Men who stop smoking may get better erections. Women may find their orgasms improve and they become aroused more easily. It's also been found that non-smokers are 3 times more appealing to prospective partners than smokers.

### **Stopping smoking improves fertility**

Non-smokers find it easier to get pregnant. Quitting smoking improves the lining of the womb and can make men's sperm more potent. Becoming a non-smoker increases the possibility of conceiving through IVF and reduces the likelihood of having a miscarriage. Most importantly, it improves the chances of giving birth to a healthy baby.

### **Stopping smoking improves smell and taste**

When you stop smoking, your senses of smell and taste get a boost. You may notice that food tastes and smells different as your mouth and nose recover from being dulled by the hundreds of toxic chemicals found in cigarettes.

### **Stop smoking for younger-looking skin**

Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles. The skin of a non-smoker gets more nutrients, including oxygen, and stopping smoking can reverse the sallow, lined complexion smokers often have.

### **Ex-smokers have whiter teeth and sweeter breath**

Giving up tobacco stops teeth becoming stained, and you'll have fresher breath. Ex-smokers are also less likely than smokers to get gum disease and prematurely lose their teeth.

### **Quit smoking to live longer**

Half of all long-term smokers die early from smoking-related diseases, including heart disease, lung cancer and chronic bronchitis. Men who quit smoking by the age of 30 add 10 years to their life. People who kick the habit at 60 add 3 years to their life. In other words, it's never too late to benefit from stopping. Being smoke-free not only adds years to your life, but also greatly improves your chances of a disease-free, mobile, happier old age.

### **A smoke-free home protects your loved ones**

By stopping smoking, you'll be protecting the health of your non-smoking friends and family, too. Breathing in second-hand smoke increases the risk of lung cancer, heart disease and stroke. In children, it doubles the risk of getting chest illnesses, including pneumonia, ear infections, wheezing and asthma. They also have 3 times the risk of getting lung cancer in later life compared with children who live with non-smokers.

### **Save money**

The average smoker spends around \$20 a day on cigarettes, which is \$600 a month.

Every cigarette you don't smoke will become money in your pocket. Just imagine what you could do with all your savings from quitting smoking – like going on that dream vacation, eating out more often, or rewarding yourself with something you've had your eye on.

Discover how much you can save using the [quit smoking calculator](#) and use this extra incentive to do something amazing – to stop smoking for good.