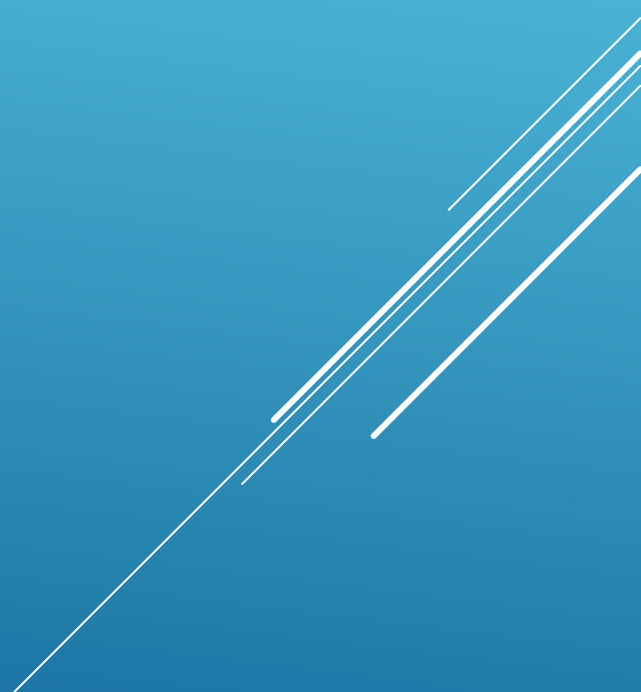


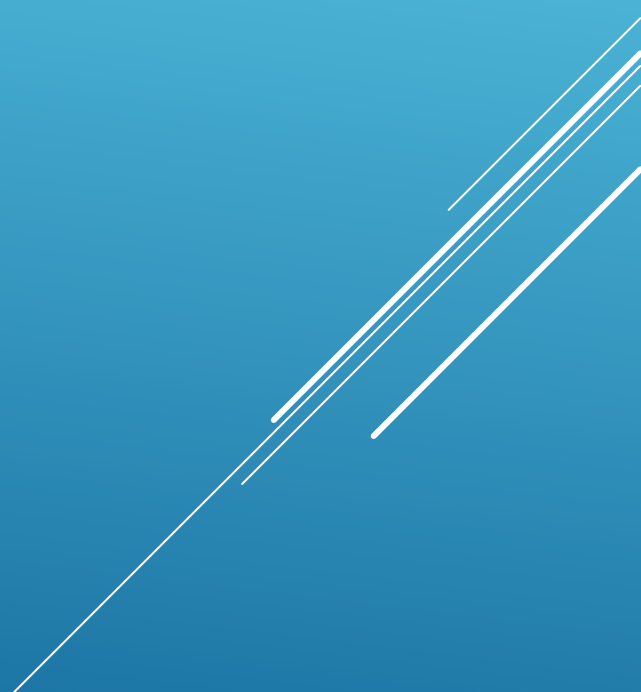
QUITTING SMOKING

Natalie Woodbridge RN

GEHU



All chronic diseases are
made worse by smoking.



▶ Crohns disease and smoking:

- ▶ Harder to control - MORE FLARES
 - ▶ You are more likely to develop an abscess or a fistula
 - ▶ You are more likely to need more powerful immunosuppressive drugs
 - ▶ Your Crohn's disease is more likely to relapse
 - ▶ You are more likely to need surgery
 - ▶ Your Crohn's disease is more likely to come back after surgery and you may need further surgery
- ▶ *Acknowledgement to Mr. David Stokes, Manager, Professional Issues, The Australian Psychological Society for his contributions towards this important issue. Kindly prepared by Dr Paul Pavli, Gastroenterologist, Canberra, Australia*

▶ What's the good news?

Quitting smoking reduces your risk of flare by 65%

You will reduce your reliance on immunosuppressive medications – you will get by with less or not need them altogether.

After 12 months of not smoking – it's as if you never did in terms of Crohn's disease

QUITTING OPTIONS



 **Quitline[®] 13 7848**

CAR AND HOME – SMOKE FREE ZONE

- ▶ If you do nothing else – protect others in your immediate environment from tobacco smoke



Most people who quit
this way are successful.

▶ Nicotine Replacement Therapy

- ▶ Patches
 - ▶ Gum
 - ▶ Lozenges
 - ▶ Microtabs
 - ▶ inhalers
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

HOW DO I KNOW IF NICOTINE REPLACEMENT THERAPY WOULD BENEFIT ME?

One simple question – are you a heavily dependent smoker?

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

BUT NRT IS EXPENSIVE

- ▶ Over the counter – 7 patches approx. \$21
 - ▶ Script – 28 patches \$39 (4weeks)
 - ▶ On the PBS – you are entitled to 12 weeks PBS subsidised NRT
 - ▶ Some employers offer NRT for free
- 

PRESCRIPTION MEDICATION

ZYBAN

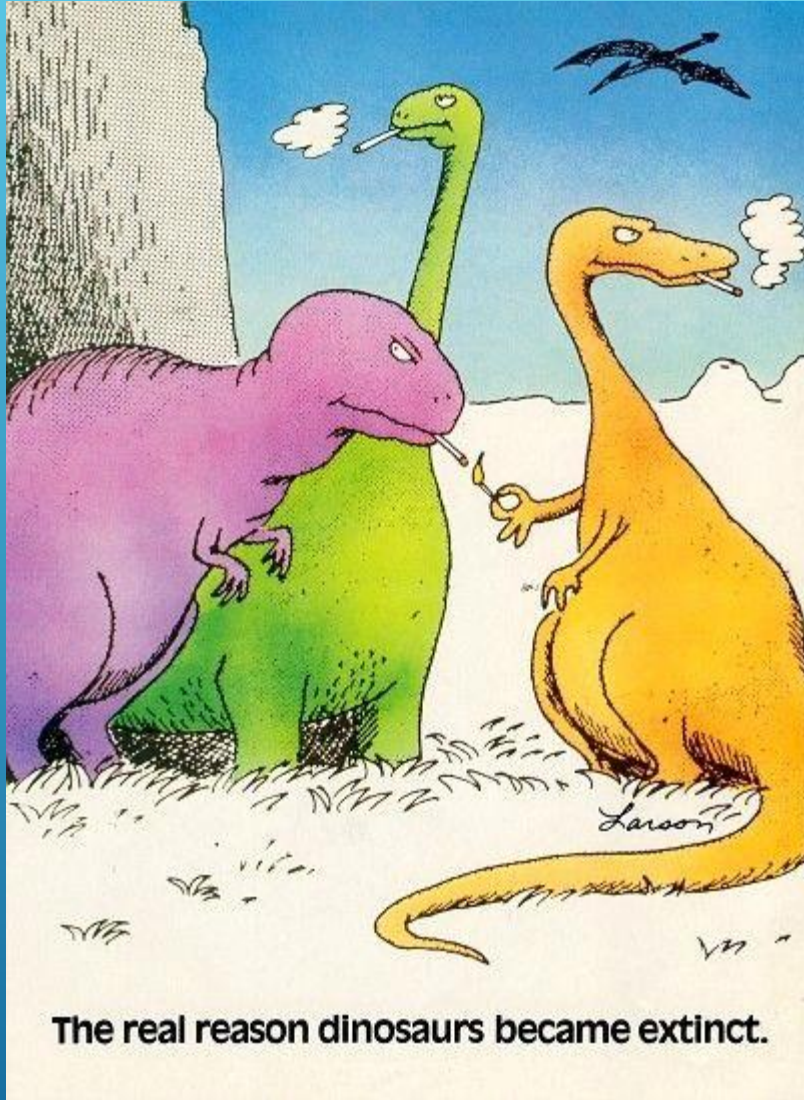
CHAMPIX

Please see your GP in regards to suitability



**Quit Now:
My QuitBuddy**





The real reason dinosaurs became extinct.

