

# Co-designing the resources for TIS

Bega Garnbirringu Health Services  
Presenter – Sachin Khera





*Kevin says* It's simple ... kids don't deserve your poison! **QUIT SMOKING!**

**DON'T LET OTHERS BREATHE YOUR SMOKE**

Brand

**THINKING ABOUT QUITTING?**  
Talk to the team at Bega 9022 5500 or call Quitline 13 78 48.

*Kevin says* You can buy so much healthy stuff for your mob if you **QUIT SMOKING!**

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*Kevin says* Would you like to save **\$14,000 a year?**

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*Kevin says* Smoking stinks! Choose a breath of fresh air and **QUIT SMOKING!**

**THINKING ABOUT QUITTING?**  
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*Kevin says* Is this the way your family and friends see you?

**QUITTING WILL MAKE YOU HEALTHY!**

**THINKING ABOUT QUITTING?**  
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*Kevin says* Be smart, **DON'T SMOKE.** Be a good example for your kids.

**THINKING ABOUT QUITTING?**  
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*Kevin says* Take control. Make a healthy choice. Call Bega today.

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*Uncle Kevin says...* **SMOKING STINKS!**

*Uncle Kevin says...* **QUIT NOW & SAVE!**

*Uncle Kevin says...* **MY HOME IS SMOKE FREE!**

*We say...* **DON'T SMOKE IN OUR CAR**



### CIGARETTE POISONS

Cigarette smoke contains over 7000 chemicals!

A Paint Thinner (Toluene)	Highly addictive toxin (Nicotine)
Toxic chemical used in antifreeze (Propylene Glycol)	Found in Coal Tar (Benzopyrene)
Used in lighter fuel (Butane)	Toxic metal used in insecticides (Arsenic)
Used in Batteries (Cadmium)	Nail Polish Remover (Acetone)
Used in Cleaning Products (Ammonia)	Toxic Metal (Lead)
Crude Oil (Benzene)	Preserves Dead Bodies (Formaldehyde)

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**PUYU WANTIKATJINI LEAVE THE SMOKERS ALONE**

### IF YOU QUIT SMOKING, YOU COULD SAVE MORE THAN \$14 000 A YEAR!

**\$ [ ] A WEEK**  
**X 52 WEEKS**  
**= \$ [ ] A YEAR**

**WHAT WOULD YOU DO WITH THE MONEY YOU SAVE?**

**BONUS: YOU COULD SAVE YOUR LIFE TOO!**

**Bega Gambirringu HEALTH SERVICE**  
**PUYU WANTIKATJINI LEAVE THE SMOKERS ALONE**

### Quit for Your Baby

The best thing you can do for your baby is to **QUIT SMOKING!**

If you smoke while pregnant, the chemicals from the cigarettes can harm you and your unborn baby.

**Bega Gambirringu HEALTH SERVICE**  
**PUYU WANTIKATJINI LEAVE THE SMOKERS ALONE**

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### Babies shouldn't smoke!

Each time a breast feeding mum has a cigarette, the smoke is trapped in her hair, clothes and skin.

- Smoke AFTER breast feeding.
- Keep baby in a SMOKE-FREE room.
- COVER your clothes while smoking.
- WASH your hands and face afterwards.

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### NICOTINE MOUTH SPRAY

#### How to use it

- Shake the pump before using
- Point the spray towards the inside of your cheek and spray.
- Do not swallow for few seconds.
- Use 1 to 2 sprays when you would normally smoke a cigarette or have cravings to smoke.
- Take care not to spray on your lips, face or eyes.

#### How much, how often

- Use 1 or 2 sprays every 30 minutes to 1 hour.
- Do not use more than 64 sprays per day.



**Please store & dispose of NRT products safely. They should be treated as medications.**



Talk to Bega Tobacco Action Team 9022 5500 or Quitline 13 78 48

## Nicotine Replacement Therapy

### NICOTINE GUM

Nicotine gum is NOT chewing gum. Don't swallow the gum and try not to chew too often. The nicotine is absorbed through the lining of your mouth so if you chew too much you will only swallow the nicotine and may feel sick.

#### How to use it

- Place a gum in your mouth and chew 3-4 times to release nicotine. You should feel a tingling or peppery taste.
- Place the gum between your cheek and teeth.
- Move gum occasionally from one side of the mouth to the other.
- Chew 2-3 times to release nicotine.
- Avoid eating or drinking when you have the gum in your mouth.
- Throw the gum in the bin after about 30 minutes.

#### How many, how often

- Use a gum every time you think about having a cigarette.
- Do not chew more than 20 x 2 mg or 10 x 4 mg gums per day.



### NICOTINE LOZENGE

#### How to use it

- Place a lozenge in your mouth and allow to dissolve.
- Take 3-4 sucks to release nicotine (do not chew).
- Place lozenge between cheek and teeth.
- Move lozenge occasionally from one side of the mouth to the other.
- Suck every 5 minutes. Let lozenge dissolve completely.
- For the first 6 weeks, use lozenges about every 1-2 hours.
- **DO NOT** chew or swallow the lozenge; you will not get the nicotine you need.

#### How many, how often

- Take one lozenge every time you think about having a cigarette.
- Do not use more than 15 lozenges per day.



### NICOTINE PATCH

A nicotine patch is a band-aid containing nicotine. It slowly releases a small amount of nicotine into your body. Nicotine patches are available as 16-hour and 24-hour patches. If you are pregnant, check with your midwife or doctor before using patches.

#### How to use it

- Apply the patch to your skin between the waist and shoulder on a clean, dry, non-hairy and hairless area. You can apply on the chest, rib cage, back, shoulder and side of upper arm.
- Hold down for 10-20 seconds.
- Use a new patch every day. Dispose of the used patch in the bin.
- Use a different part of the body each day, not a newly shaved area.
- Cut down your coffee & alcohol consumption by half when you use a patch.

#### How many, how often

- A 16-hour patch is used during daytime. Apply it first thing in the morning and remove before going to bed.
- Apply a 24 hour patch every night, before going to bed. Replace it with a new patch after 24 hours.
- Make sure to use patches for at least 8 weeks for as prescribed by your doctor.



This fact sheet provides general information. Check with your health professional if you have any questions. Take only as directed. Please call your doctor or health professional if you have any negative side-effects from any Nicotine Replacement Therapy products.



TACKLING INDIGENOUS SMOKING



Bega  
Garnbirringu  
HEALTH SERVICE

# Tackling Indigenous Smoking Program

Bega Garnbirringu Health Services, Kalgoorlie WA



SIDE



FRONT



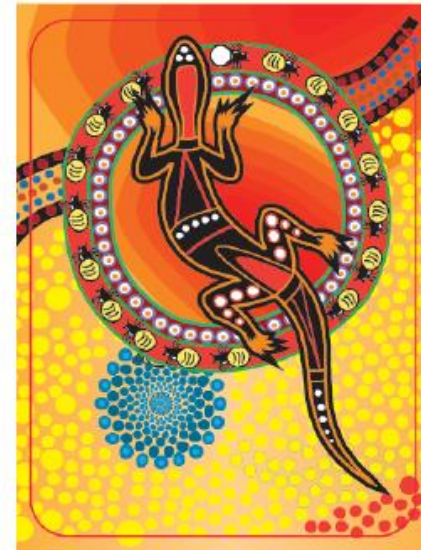
SIDE



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## TACKLING INDIGENOUS SMOKING



# TACKLING INDIGENOUS SMOKING



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# TACKLING INDIGENOUS SMOKING

RESPECT YOUR HEALTH · RESPECT YOUR CULTURE · BE SMOKE FREE



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PUYU WANTKATINH  
LEAVE THE SMOKE'S ALONE



9022 5500 [bega.org.au](http://bega.org.au)



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## TACKLING INDIGENOUS SMOKING

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### TACKLING INDIGENOUS SMOKING PROGRAM

The Tackling Indigenous Smoking (TIS) program at Bega Gambirringu Health Services (Bega) aims to improve the health of Aboriginal and Torres Strait Islander people by reducing tobacco use. The Tobacco Action Team provide culturally appropriate smoking cessation activities to Aboriginal people in the Goldfields region that aim to:

- Increase community understanding of the dangers of smoking and links with chronic diseases
- Promote benefits of quitting or never becoming a smoker
- Discourage smoking among young people and pregnant women
- Encourage and support smokers to quit
- Support communities to establish smoke-free homes, workplaces and public spaces

#### ACKNOWLEDGEMENT

Bega Gambirringu Health Services (Bega) acknowledge and respect the traditional owners of the land and pay respect to elders, past, present and emerging. Bega also acknowledges the great diversity and resilience of Aboriginal people from across Australia and the Torres Strait Islands.

This booklet has been created to support and educate Aboriginal people and communities. This booklet serves as a guide only. Please contact your Doctor, Health Worker or Quitline for more information and support.

Bega like to acknowledge and thank the organisations and individuals that provided information and feedback on this resource. Information in this book has been adapted from the 'Follow the path to a healthy body and 'Quitline' Aboriginal Action Team' resources.

### SMOKING DURING PREGNANCY

Smoking during pregnancy or around pregnant mother is harmful to mother and the unborn child. Each time you have a cigarette, you are breathing in harmful chemicals. These chemicals travel to the baby and reduce the amount of oxygen and essential nutrients needed for baby's growth.

Smoking during pregnancy can cause:

- Smaller baby (underdeveloped lungs, heart and brain)
- Premature birth (being born too early)
- Miscarriage
- Stillbirth / Stillborn (baby is not alive when born)
- Babies are at higher risk of getting asthma, high blood pressure and diabetes.

The best thing you can do for yourself and your baby is **QUIT SMOKING**. Don't allow anyone smoke near pregnant mothers or young children.

### WHAT IS SECOND-HAND SMOKE?

Second-hand smoking (passive smoking) occurs when you breathe in someone else's tobacco smoke. The more smoke you are exposed to, the greater the risk of harm to your body. There is NO safe level of exposure to second-hand smoke. Smoking near old people, pregnant mothers and kids can make them really sick. Smoking near children can give them lung disease, asthma, cold, flu, ear infections and other developmental problems.

**Make your home and car smoke-free!**

### HOW SMOKING MAKES YOU SICK?

Smoking affects many parts of the body, both inside and outside. The more you smoke, the more you harm your body. Smoking causes 10 types of cancer, heart disease, lung disease and you are at higher risk of getting chronic diseases such as stroke and diabetes.

### HEALTH BENEFITS OF QUITTING SMOKING

As soon as you stop smoking your body begins to repair itself...

Within 20 mins	Your Heart Rate slows and your blood pressure decreases
Within 8 hours	Excess Carbon Monoxide is out of your blood
Within a day	Most Nicotine is out of your blood
Within 1 week	Your sense of Taste and Smell may improve
Within 4 weeks	Your Blood Flow is improving
Within 3 months	Your Lungs are working better
Within 1 year	Your risk of Heart Disease has halved
After 5 years	Your risk of Stroke has greatly reduced
After 10 years	Your risk of Cancers (lung, mouth, throat, pancreatic) has declined
After 15 years	Your risk of heart attack and stroke is close to someone who has Never Smoked.

### OTHER BENEFITS OF QUITTING SMOKING

- Get better health for yourself and your family
- Live longer
- Look younger and fit
- Have more energy
- Save lots of money
- Be a good role model for your family and community
- Make your family and children proud
- Feel good and proud of yourself
- Have more control over your life
- Have more time to do the things you really enjoy

### NICOTINE MOUTH SPRAY

**How to use it**

- Shake the pump before using
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- Do not swallow for few seconds
- Use 1 to 2 sprays when you would normally smoke a cigarette or have cravings to urinate
- Take care not to spray on your lips, face or eyes

**How much, how often**

- Use 1 or 2 sprays every 30 minutes to 1 hour.
- Do not use more than 64 sprays per day.

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[nicomsm@bega.org.au](mailto:nicomsm@bega.org.au)  
[www.bega.org.au](http://www.bega.org.au)

### MY QUITTING PLAN

My main reasons to quit:

The support I will get:

The nicotine replacement products or quitting medication I will use:

My three main triggers to smoke:

Instead of smoking I will:

I will:

- See Tobacco Action Team on: \_\_\_\_\_
- Call Quitline 25 39 48 on: \_\_\_\_\_
- See Bega doctor on: \_\_\_\_\_
- Set a quit date on: \_\_\_\_\_

### QUITTING TIPS

- Talk to other people who quit successfully
- Join a social group, hobby or gym
- Know what triggers you to smoke
- Remember it can take several attempts to stay quit
- Phone a friend or call Quitline on 13 78 48
- Remember the 4Cs

**DELAY**  
Try to wait 5 to 15 minutes before having a cigarette

**DEEP BREATHE**  
Take at least 10 deep and slow breaths

**DRINK WATER**  
Sip it slowly to help relax the urge

**DO SOMETHING ELSE**  
Try to find something to distract you

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