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Helping smokers kick the habit in the butt

Government regulations are cracking down on where people can smoke but the restrictions still don’t help smokers quit a lifelong addiction to nicotine.

Smokers often talk of their numerous failed attempts using hypnotherapy, patches and gum and the guilt that comes with each failure to quit.

To improve the quitting success rate, the South West Hospital and Health Service (HHS) is creating a team of tobacco treatment and smoking cessation specialists to work across the region in primary and allied healthcare.

SWHHS Chronic Disease Program Manager Annmarie McErlain said 19 health workers have just completed a University of Sydney Smoking Cessation and Nicotine Addiction training course.

“We are upskilling our workforce so we can provide practical smoking cessation treatments that will make quitting less overwhelming and achieve results.”

Ms McErlain said having a team of trained professionals in the field will give smokers their best chance of quitting.

“Research shows that providing both cessation medications and behavioural support increase the quitting success rate,” she said.

“Smokers can have a program designed to meet their individual needs and the assistance to make it happen.”

Ms McErlain said cigarette smoking is one of the largest preventable causes of death and illness in the world.

“Smoking doesn’t just kill people, it ruins their lives through debilitating chronic illness, including respiratory disease and non-fatal stroke.”

Ms McErlain said as soon as a person chooses to quit smoking their body starts to repair the damage and their health improves.

“Despite all the research and statistics the fact remains that quitting can feel overwhelming and unachievable.”

“Our service is here to provide specialised assistance to those smokers whom have been unable to quit despite several quitting attempts.”
With World No Tobacco Day approaching on May 31 there has never been a better time to find out what options are available to help you quit.

- For more information contact the SWHHS AODS (Alcohol and Other Drugs Service) Roma 4624 2977, Charleville 46505300, St George 4620 2265.

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Photo Captions;
No Tobacco 1; South West HHS Chronic Disease Program Manager Annmarie McErlain said the creation of a team of tobacco treatment and smoking cessation specialists will give smokers their best chance of quitting.

No Tobacco 2; The new team of tobacco treatment and smoking cessation specialists who have just completed University of Sydney Smoking Cessation and Nicotine Addiction training.

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