NO MORE BUTTS
A HEAD START FOR YOUR QUITTING JOURNEY

BUPA. FIND A HEALTHIER YOU
Whether you've decided to quit smoking or you're still thinking about it, you have already made a positive step for your health and wellbeing.

A quitting journey can be tough, and takes time and effort. So we’ve written No More Butts to help support you. No More Butts can help you with motivation and planning, two important factors in successfully quitting for good.

You’ll find information about quitting smoking and practical tips to help get you started as well as a pull out Action Plan that you can use together with your coach or another health professional.

The information in No More Butts may also be useful for family and friends who want to know more about quitting and how they can help support you.

So let's get started.

**ABOUT ‘NO MORE BUTTS’**

We will help find a healthier you

It’s our purpose that makes us different - we want our members to live longer, healthier, happier lives. We offer more than health cover. Our expertise extends to health assessments and health coaching, wellness programs, optical care, aged care and international health cover. We also offer information and tools to help you manage your health. And as a member, you’ll enjoy access to great value travel, home, car and life insurance.

A commitment to our members

We’re part of a global family, who reinvests its profits to provide better services for our members. We proudly offer affordable, high-quality health cover to more than three million Australians.

**WHY DO YOU WANT TO QUIT?**

Motivation is an important factor in quitting for good so it’s important to understand why you want to quit. There are many different reasons why people choose to quit smoking. Your personal values and other aspects of your life can affect your reasons for quitting. So take the time to work out why you want to quit smoking. Try the following exercise.

**Exercise: Why do you want to quit?**

Imagine your life as a non-smoker. Picture how your life will improve and the benefits you’ll gain. You might be fitter and healthier, have better relationships with your family, or be able to save more money. These are your reasons for quitting.

Write down your reasons for quitting and why they are meaningful for you. Put a star next to the one that is most meaningful, then record this in your Action Plan. Some examples have been provided below.

Here are some other examples of different reasons for quitting:

- I want to stop smoking so I can get my asthma under better control.
- I just don’t like being addicted to cigarettes — I want to feel more in control.
- I’m sick of the comments that people make. I just want to feel more accepted.
- My car, curtains, clothes and furniture all stink. I want to give myself a fresh start.
- My partner and I are saving for a holiday in Fiji. With the money I’ll save by quitting we can afford to stay another couple of nights.

More information about the health harms of smoking and benefits of quitting can be found on page 8.

<table>
<thead>
<tr>
<th>My reason for quitting</th>
<th>This is meaningful to me because</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am worried about having a heart attack</td>
<td>My brother just had one and I’ve already got high blood pressure</td>
</tr>
<tr>
<td>I want to get fit</td>
<td>I want to have more puff so I can enter the half marathon with my work mates</td>
</tr>
<tr>
<td>I just found out my partner is pregnant</td>
<td>I want to quit so we can give our baby the best start in life</td>
</tr>
</tbody>
</table>
Planning and getting ready to quit are important parts of successfully quitting for good. A coach can support you as you work through the steps in preparing to quit.

Here is a checklist of some important things to do:

- Set a date to quit within two weeks from now and write it down on your Action Plan.
- Keep a smoking diary for a few days to help you identify the triggers that tempt you to smoke. Every time you smoke or feel cravings, record the time, the situation, your mood and feelings and how strong your cravings were. You may identify triggers such as drinking alcohol or coffee, being around other smokers, or stress. Record these on your Action Plan.
- Make sure you have supplies of any nicotine replacement therapy or prescription medications that you may need.
- Get rid of all your old ash trays, cigarettes and lighters.
- Remove all traces of smoking from your clothes, house and car.
- Save Quitline’s number on your phone (13 7848).
- Think about strategies to help you manage your triggers. For example, instead of having a cigarette on your work break, go for a walk. Fill these in on your Action Plan.
- Tell your friends and family that you are going to quit smoking and ask for their support and encouragement. Record the most motivating messages of support on your Action Plan.
- Think about your options for quitting and what might work best for you. Talk to a health professional such as your doctor, pharmacist or health coach to help you work out which options are right for you. See page 3 for more information.

There are a number of different ways to quit. Different methods work for different people, but evidence shows that a combination of professional support PLUS using a quitting medication can give you the best chance of quitting successfully.

Professional support
Professional support can help you with motivation, emotional support and strategies to manage cravings and withdrawal symptoms. Coaching can be:
- in person as a group or one-on-one
- by telephone e.g. Bupa Health Dialog (Bupa members only) or Quitline 13 7848.
- online such as the QuitCoach at quitcoach.org.au.

When choosing a coach consider their qualifications and experience, how much support you want, costs, and whether you prefer coaching in person, by phone, or online.

Quitting medications
Quitting medications can help with withdrawal symptoms. These medications include:
- nicotine replacement therapy – gum, patches, lozenges, inhalers and tablets are available without a prescription from pharmacies and supermarkets.
- prescription medications – bupropion (Zyban, Clorpax) and varenicline (Champix) are available with a prescription on the Pharmaceutical Benefits Scheme for people enrolled in a support and counselling program for quitting smoking.
- Take care with the following options:
  - acupuncture and hypnosis: these have not been shown to work, but when combined with counseling, may have some value.
  - switching to lower nicotine and tar cigarettes: there is no evidence these reduce the risk of smoking-related diseases.
  - filter and filter blocking products: there is no evidence these help people quit.
**ACTION PLAN**

I will stop smoking on:  
**My reasons for quitting smoking**  
(from page 1)  
Insert photo/image of main reason for quitting

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I will use the following methods to quit smoking:  
- Coaching  
- Prescription medications  
- Nicotine replacement products  
- Cold turkey  
- Cut down gradually  
- Self-help books  
- Other methods (list)

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Healthcare professionals I will speak to about my options are:  
- Doctor  
- Pharmacist  
- Coach  
- Quitline  
- Other

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Places to get support  
- Quitline: 13 7848 or www.quit.org.au  
- Health coach  
- Doctor  
- Pharmacist  
- Friends and family  
- Other

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### TRIGGER

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>When I first wake up</td>
</tr>
<tr>
<td>Work</td>
<td>When I take a break</td>
</tr>
<tr>
<td>Evening</td>
<td>When I get into the car to drive home</td>
</tr>
<tr>
<td>Leisure</td>
<td>When I'm spending time with friends who smoke</td>
</tr>
<tr>
<td>Emotions</td>
<td>When I feel stressed and need to unwind</td>
</tr>
</tbody>
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Other

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**Messages of support**

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It’s important to have support throughout your quitting journey. Here is a list of ways to find support when you decide to quit:

- **Friends and family** - let them know that you are quitting smoking and what they can do to help you. Ask them to write you a message of support. Record the most motivating ones on your Action Plan. Reading messages from your family and friends might just be the support you need.
- Your coach can provide help and guidance in managing triggers such as cravings, stress, and other emotions.
- Your doctor and pharmacist can help you with nicotine replacement products and quitting medications to help you manage withdrawal symptoms.
- Self-help books and brochures
- Quitline: 13 7848 or www.quit.org.au

### Staying on course

You have decided to quit smoking, drawn up an Action Plan, and stuck to your quit date. These are all achievements to honour and celebrate. The days and weeks after quitting may pose many challenges, so here are some ideas to help you stay on course.

#### Withdrawals

These are common in the first few days and you may feel irritable, frustrated, restless, angry, experience headaches, and have trouble sleeping and concentrating. But withdrawal symptoms usually go away after a few weeks. In the meantime, nicotine replacement products and quitting medications can help.

#### Cravings

You may also get cravings, but each craving usually only lasts a few minutes, and will gradually stop over time. If you are craving a cigarette:

- delay acting on the urge to smoke
- drink some water
- do some slow, deep breathing
- distract yourself - do something else such as going for a walk
- remind yourself of your reasons for quitting
- contact your support network or call Quitline on 13 7848.

#### Managing your weight

You may feel hungrier than normal when you first quit so here are some tips to prevent weight gain:

- try not to replace smoking with snacking on unhealthy food
- eat a healthy diet with plenty of fruit and vegetables
- have a supply of alternatives to plug the gap left by smoking (e.g. fresh fruit, raw vegetables, sugar-free chewing gum)
- try to do more exercise — exercising often becomes easier once you quit.

#### Slip-ups and setbacks

Quitting is a positive step for your health, but it is hard. Many people take several attempts before they succeed. But remember — many people DO succeed and you can too. So, if a slip-up happens, be kind to yourself and then keep on going. Don’t let one cigarette undo all your good work. If you can, work out what the trigger was and think of strategies you can put in place to make sure it doesn’t happen again.

When things get tough, call on your support network and get as much support as you can from health professionals, friends and family. No matter where you are in your quitting journey, remember to acknowledge your achievements - big and small.
In Australia, one person dies from a smoking-related illness every 28 minutes, which is more than 50 avoidable deaths every day.

People who smoke regularly are up to four times more likely to die from heart disease than non-smokers, and are also at increased risk of dying from other smoking-related illnesses including stroke, emphysema, and cancer of the lungs, mouth, throat and cervix.

Secondhand smoke is also known to be harmful to the health of those around you, especially children.

HARMs OF SMOKING vs BENEFITS OF QUITTING

The good news is that after quitting, and over time, your risk of some of these illnesses can go back to being the same as before you started smoking.

Some improvements to your health will start almost immediately: within 12 hours all the nicotine will have left your body, within 24 hours the level of carbon monoxide in your blood will drop dramatically, and by 5 days your sense of smell and taste will improve.

These facts may help to remind you of the health benefits of quitting.

The diagram below shows just some of the health benefits you can gain from quitting.

- **BRAIN:** Risk of stroke
  - After 1-5 years your risk of stroke is reduced
  - At 15 years your risk of stroke is the same as a non-smoker

- **CHEST:** Risk of heart disease
  - After 1 month your blood pressure will return to your pre-smoking normal
  - After 2 months your healthy cholesterol (HDL cholesterol) levels will improve
  - After 12 months your risk of heart disease will halve and by 10-15 years it is the same as a non-smoker

- **MOUTH/THROAT:** Risk of mouth and throat cancer
  - After 15-20 years your risk of throat cancer is the same as a non-smoker

- **REPRODUCTIVE ORGANS:** Risk of cervical cancer in women
  - After 5-10 years your risk of cervical cancer is the same as a non-smoker

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Please contact us via email at: healthinformation@bupa.com.au

CONTACT US

If you have feedback that might help us improve our health information, we would love to hear from you.