

APPENDIX E: INSERTS

<p>INSERT ONE</p> <p>Does tobacco use increase my chances of having a heart attack?</p> <p>Yes. Tobacco use triples the risk of heart disease. Tobacco smoke damages the lining of blood vessels, reduces oxygen in the blood and promotes blood clots.</p> <p>Tobacco-caused diseases of the heart and blood vessels kill more than xx, 000 people a year in NZ.. As many people will die during that time with tobacco related cancers.</p> <p>For more information on tobacco, the health effects and ways to overcome addiction to nicotine talk to your doctor, pharmacist or call Quitline 0800 778 778 or visit www.quitline.org.nz</p>	<p>INSERT TWO</p> <p>Benefits of Quitting</p> <p>For the vast majority of smokers, quitting smoking is the best single thing they can do to improve the length and quality of their lives.</p> <p>People who quit smoking immediately begin to reduce their chances of developing heart disease, cancer, breathing problems, or infections.</p> <p>Former smokers also live longer than those who continue to smoke. For example, those who quit before age 50 have only half the chance of dying in the next 15 years compared with those who continue to smoke.</p> <p>For information and support call Quitline 0800 778 778 or visit www.quitline.org.nz</p>	<p>INSERT THREE</p> <p>Can second hand smoke harm my family?</p> <p>Yes. The smoke from the burning tip of your tobacco product and the smoke you exhale are dangerous. They can harm your family, especially your children.</p> <p>Children who breathe second-hand smoke suffer from chest infections, bronchitis, ear infections and asthma attacks.</p> <p>Second-hand smoke also causes death from heart disease and lung cancer in non-smoking adults.</p> <p>Smoking outside is one answer. The best solution is to stop smoking.</p> <p>For more information on tobacco, the health effects and ways to overcome addiction to nicotine talk to your doctor, pharmacist or call Quitline 0800 778 778 or visit www.quitline.org.nz</p>
<p>INSERT FOUR</p> <p>Know what to expect when you quit smoking</p> <p>Tobacco contains nicotine which is highly addictive.</p> <p>When you first quit you may experience nicotine withdrawal, symptoms like headaches, irritability, anxiety and trouble sleeping. While troubling, this is normal for the first three or four days.</p> <p>Don't worry. These symptoms are a signal that your body is beginning to heal.</p> <p>For more information on tobacco, the health effects and ways to overcome addiction to nicotine talk to your doctor, pharmacist or call Quitline 0800 778 778 or visit www.quitline.org.nz</p>	<p>INSERT FIVE</p> <p>Benefits of Quitting: Did you know....?</p> <p>Within 8 hours – the oxygen level in your blood increases to normal</p> <p>Within 48 hours - your chances of having a heart attack start to go down; sense of smell and taste begin to improve</p> <p>Within 72 hours - bronchial tubes relax making breathing easier; lung capacity increases</p> <p>Within 2 weeks to 3 months - circulation improves; lung functioning increases up to 30%</p> <p>Within 6 months - coughing, sinus congestion, tiredness and shortness of breath improve.</p> <p>For information and support call Quitline 0800 778 778 or visit www.quitline.org.nz</p>	<p>INSERT SIX</p> <p>Planning to Quit?</p> <p>Tobacco contains nicotine which is highly addictive</p> <p>Set a definite quit date. You need to know what day will be your first as a non-smoker.</p> <p>Take it one day at a time. Wake up and say to yourself, "I choose not to smoke today"</p> <p>Keep yourself active and busy.</p> <p>As your friends to participate in smoke-free activities.</p> <p>For more information on tobacco, the health effects and ways to overcome addiction to nicotine talk to your doctor, pharmacist or call Quitline 0800 778 778 or visit www.quitline.org.nz</p>