

Does smoking have a hold on you?

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1. Do you smoke your first cigarette of the day within the first 30 minutes of waking up?

Yes No

2. Do you smoke more than 15 cigarettes per day?

Yes No

If you answered yes to either of the above questions you are probably dependent on nicotine.

Quitting smoking

may not always be easy, but if you slip or relapse, just give it another go – start again. Many people find that it can take a number of attempts until they completely succeed. If you are cutting down, that's a good sign that you'll eventually succeed and quit!

You may have discussed smoking with your doctor or clinic and are comfortable with the support and treatment provided by them. We think you should be, as your doctor and clinic is your best source of ongoing therapeutic support on the road to quitting. If you require additional support, contact your local [PLHIV](#) [1] Person (or people) Living with HIV. This term is now preferred over the older PLWHA. organisation or AIDS Council to see what they can offer.

Did you know

that if your partner quits smoking that automatically increases you ability to quit by 67%? If it is a close friend then your chances of success are increased by about 36%, which is about the same as coworkers . . . Talk your partners, friends and coworkers into quitting with you! You'll be glad you did . . . and so will they!

The Collective Dynamics of Smoking in a Large Social Network. Nicholas A. Christakis, M.D., [Ph](#) [2][Potential of Hydrogen] A measure of acidity or alkalinity. pH levels are expressed on a scale from 0 (most acid) to 14 (most alkaline). A pH level of 7 is neutral..D., M.P.H., and James H. Fowler, Ph.D. N Engl J Med 2008;358:2249-58.

Good News Story#1: Michael

'I just decided I wanted to quit. My doctor put me on Champix and I found that I reduced my smoking by half just in the first week without even trying. It made it easy for me, and currently I'm now a non-smoker, four weeks in!

'Although I got the [PBS](#) [3][Pharmaceutical Benefits Scheme] The federal government program which subsidises medication costs in Australia. Anti-HIV drugs are part of a special part of the PBS called Section 100 (S100) which is used for expensive, highly specialised drugs. subsidy, the cost of the treatment has paid for itself 10 times over in money I haven't spent on smokes. It's worth it.'

Good News Story#2: Peter

'For the last 20 plus years I have smoked approximately three packets a day. I heard about Champix and decided to give it a go. I have never been so amazed and pleased. Within three to four weeks I had made the decision not to smoke and the drug literally turned off the cravings and didn't replace them with any other. I can stand beside someone smoking and not want one, and Champix didn't (to my surprise) make me want to murder anyone who looked at me sideways.

'It is almost like someone flicked a switch in my brain and I no longer want a cigarette. I have had a couple of sideeffects, but nothing serious enough to outweigh the benefits of finally giving up. Mind you I am not sure where the side-effects have come from as I simultaneously started on heart drugs – but I assume it is Champix.

'They are easing however as I come closer to the end of the course – I have one month to go. I strongly

recommend people try them at least – but like any drug of course, if you do get an [adverse reaction](#) [4]An unwanted effect caused by the administration of drugs. Onset may be sudden or develop over time. you should consult your physician immediately. I just thought I would add my two cents worth as it has been the most amazing transition of my life – from extremely heavy smoker to nonsmoker!’

Good News Story#3: Stephen

‘I thought I liked smoking, but I like non-smoking better! I made a plan and stuck to it . . . although I can’t deny it wasn’t easy to fill in moments in my daily life doing other things rather than smoking. That took determination but it didn’t take too long before non-smoking became my preferred habit. I’m healthier and happier than I ever was.’

Did you know

Nicotine Replacement Therapy (NRT) is better than going it alone cold turkey?

A recent study* among 444 HIV positive smokers in the UK has shown that those who did not use nicotine patches were significantly more likely to be smoking at six months. In fact, none who declined to use the patch in the study were still abstinent at the study end.

Ask your doctor or clinic about which NRT product is right for you.

Seeking motivational support also increases your chances of successfully quitting. The Quitline have counsellors available to help you stay motivated and increase your confidence to quit 7 days a week from 7am to 10pm. Call the Quitline on 13 QUIT (13 7848).

*K Tashima, R Niaura, E Richardson, and others. Positive Paths: A Motivational Intervention for Smoking Cessation among HIV+ Smokers. 16th Conference on Retroviruses and Opportunistic Infections (CROI 2009). Montreal, Canada. February 8-11, 2009. Abstract 148.

For more information on Champix™ treatment and quitting go to www.outsmartcigarettes.com.au [5]

Other useful websites include:

www.quitcoach.org.au [6]

www.quitbecauseyoucan.org.au [7]

www.counsellingonline.org.au [8]

www.quitnow.info.au [9]

Special Thanks

to the Queensland Smoking Cessation Working Party of Queensland Positive People (QPP) for providing material from their current Positively Quitting campaign for this article.

Go QPP's [Positively Quitting](#) [10] campaign.

- [living with HIV](#)
- [healthy living](#)
- [smoking](#)

Links:

[1] <http://www.napwa.org.au/glossary/term/689>

[2] <http://www.napwa.org.au/glossary/term/105>

[3] <http://www.napwa.org.au/glossary/term/121>

- [4] <http://www.napwa.org.au/glossary/term/469>
- [5] <http://www.outsmartcigarettes.com.au>
- [6] <http://www.quitcoach.org.au>
- [7] <http://www.quitbecauseyoucan.org.au>
- [8] <http://www.counsellingonline.org.au>
- [9] <http://www.quitnow.info.au>
- [10] <http://www.qpp.net.au/QuitSmokingResources.htm>