

## World Smokefree Day – Sunday 31 May 2009

### Just Imagine

Just imagine if nobody in the world smoked on World Smokefree day! Imagine how clean the air would be! Imagine the world without the smell of cigarette smoke coming from the person standing next to you at the supermarket checkout!

Why would someone who smokes want to stop smoking for even one day? There are so many reasons and I'm sure smokers get brassed off at hearing them all the time but the fact remains that non-smokers who love smokers desperately want them to stop because they want their loved ones to stay well.

While smoking harms nearly every organ and system in the body, those organs can recuperate well when the smoker stops smoking. Isn't that a great incentive?

As smoking is the cause of approximately 80 percent of lung cancer cases and is linked to many other cancers, family and friends wouldn't have to worry so much about their smoker succumbing to this deadly disease if they managed to stop. What a relief that would be!

As smoking contributes to heart attacks, heart disease, stroke, and respiratory diseases such as emphysema and chronic bronchitis, smokers who stop would be so healthy they would feel wonderful and spend far less on medical bills!

Smoking can also cause blindness, impotence and infertility, imagine how much happier a smokers partner would be; kissing a smoker is such a turnoff that if they managed to stop they would probably be kissed at least twice as much!

What a lot of great reasons to stop smoking! To help you to do this, HealthWEST PHO provides some wonderful services.

For those people lucky enough to be on a Green Prescription, all GRx Waitakere patient support staff are trained in smoking cessation and can provide coupons for patches. They can also refer on to other programmes such as Stub It, the text programme for younger people; Asian Smoking Cessation where Asian people can have a support person who speaks their language; Smokefree Pregnancy for pregnant women and their families, Maori and Pacific specific smoking cessation programmes, and much more.

For information about becoming an ex-smoker, please see your **General Practice** for smoking cessation support. Alternatively contact Vidya Venugopalan on 837 8845 or 021 274 1282 or email her at [vidyav@healthwest.co.nz](mailto:vidyav@healthwest.co.nz)

