



No Tobacco Day

Friday, 31 May is World No Tobacco Day which aims to raise awareness about the negative impact tobacco has on people's health, and to encourage people to quit smoking. Smoking kills approximately three million people each year, namely through heart attack and stroke. When people smoke, their risk of death is greatly increased; however there is a solution... **quit smoking.**



The benefits from quitting happen almost immediately. The levels of toxic carbon monoxide in your blood drop within 8 hours, and cardiovascular health improves within 24 hours (lower blood pressure and resting heart rate). Within a week, most of the nicotine will be out of your body and you'll notice an improvement in your sense of smell and taste. As time goes by, your lung function will improve, helping you to breathe easier and feel fitter; and you'll notice significant benefits in your overall physical ability. After the first year smoke-free your risk of heart disease halves, you'll have saved approximately \$4000, and your risk of stroke will have dramatically decreased.

Quitting successfully is about being prepared. Here are some methods to help you quit today.



Cold turkey

For many people the most successful way to quit is going "cold turkey". This means stopping completely without cutting down, using medications, or quitting products.

Nicotine replacement therapy



Using nicotine gum, patches, lozenges, tablets, or inhalers may be useful for heavy smokers. Nicotine replacement therapy (NRT) works by releasing a lower, more slowly absorbed dose of nicotine compared to smoking. This helps to minimise or avoid withdrawal symptoms, reducing craving intensity and frequency. It's important to discuss the use of NRT with your doctor or pharmacist.



Prescription medication

Using prescription medication can increase your chances of quitting smoking successfully by helping reduce withdrawal symptoms such as cravings, irritability, and anxiety. In Australia there are two types of prescription medication designed to help people quit. These are only available on prescription from a doctor.



Alternative therapies

Some people try alternative therapies such as hypnosis, acupuncture, and herbal remedies, but there is insufficient evidence these methods help you quit.



Get support

Quitline is a confidential telephone support service staffed by professional advisors who are trained to provide encouragement and support to help you quit. Phone 13 78 48 to speak to a trained advisor or register for the call-back service.

QuitCoach provides you with a personalised quitting plan, based on your responses to questions about your motivation, confidence and past attempts. QuitCoach is free, and research indicates it increases your chances of quitting.

Check out the makesmokinghistory.org.au website for further information.

First aid for stroke

Stroke is one of Australia's biggest killers, causing more deaths than breast cancer for women and prostate cancer for men. Individuals who smoke or have elevated blood pressure are at an increased risk of stroke.

The five warning signs of a stroke include the sudden onset of:

1. Numbness or weakness of the face, arm, or leg on one side of the body
2. Confusion or difficulty talking
3. Poor vision on one side
4. Difficulty walking due to loss of coordination or balance
5. Headache for no known reason

These symptoms may appear rapidly and are caused by either a blocked artery (ischaemic stroke) or the leaking or bursting of a blood vessel (haemorrhagic stroke). The brain does not receive sufficient blood flow, which can cause serious and fatal damage if left untreated for too long, so it is vital that you address a stroke as soon as possible.

Remember to think **FAST!**



Face

Is there facial drooping?



Arms

Is there arm weakness on one side?



Speech

Are there any signs of speech difficulties?



Time to call for help

Call 000

Did you know?

Women often report different symptoms, including:

- Loss of consciousness or fainting • Agitation • Hallucination
- Difficulty or shortness of breath • Hiccups

Tuna, cheese and vegetable slice

60 minutes

Ingredients:
(Serves 4)

- ▶ 80g ground almonds
- ▶ 60g raw (natural) oats
- ▶ 1 x 425g tin tuna in spring water, drained and flaked
- ▶ 4 eggs, lightly beaten
- ▶ 80g cheddar, finely grated
- ▶ 150g broccoli, finely chopped
- ▶ 150g zucchini, coarsely grated and squeezed dry
- ▶ 2 tsp dried mixed herbs

NOTE: This recipe will work with any vegetables.

Method

Preheat the oven to 200°C (180°C fan-forced). Line the base and sides of an 18cm x 8cm loaf tin with baking paper.

Combine all the ingredients in a large bowl and season to taste with freshly ground black pepper. Transfer the mixture to the prepared tin and bake for 45 minutes or until golden and cooked through.

Cool in the tin for 10 minutes before slicing.

Serve warm or cold.



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