

Benefits of quitting

Quitting smoking greatly increases your chance of getting your Crohn's symptoms into remission.

- ⊗ Take control of your health, Crohn's disease and general wellbeing
- ⊗ Have less chance of having a Crohn's flare
- ⊗ Have less chances of a needing surgery, invasive tests and visits to hospital
- ⊗ Save money – smoking up to 10 cigarettes per day can cost you \$4000 per year!
- ⊗ Miss fewer work or school days
- ⊗ Reduce harm to others caused by passive smoking



Quit today!

Making the decision to quit is the first step. Smoking not only affects your Crohn's disease but causes damage to other parts of the body such as the lungs, heart and blood vessels. This can lead to cancer, heart attack, or stroke. Think about your reasons for quitting today.



How to get help

- ⊗ Talk to your GP
- ⊗ Contact QUIT Victoria
 - Call Quit: 13 78 48
 - www.quit.org.au
- ⊗ Call your IBD nurse for advice
IBD helpline: (03) 9288 3592
- ⊗ Try other approaches to quit:
 - IBD counselling clinic
 - Hypnotherapy

Get ready to quit

Smoking is commonly linked to particular habits or situations. By understanding why you smoke, it can help you to make a plan to cope without smoking when you find yourself in these situations. Some reasons why people smoke include:

- ⊗ *Nicotine addiction* – nicotine affects the chemicals in your brain and can make you feel good for a moment or two, but this doesn't last
- ⊗ *Response to emotions* – such as stress, frustration, boredom or happiness
- ⊗ *Social pressures* – to feel part of a group or bonding with other smokers
- ⊗ *Habit* – feeling like smoking when you are doing a certain activity or during a break

Make a plan to quit

There are many ways to improve your chances of quitting and staying quit. Make a plan of how to quit so you can manage withdrawals and cope without smoking.

- ⊗ Get support from a quitting coach or your GP
- ⊗ Use nicotine replacement therapy and quitting products such as patches, chewing gum and prescribed medication
- ⊗ *Remember:* withdrawal symptoms don't last and can be managed!
- ⊗ Make your environment 'quit friendly'
- ⊗ Give yourself lots of encouragement
- ⊗ Reward yourself when you have beat the urge to smoke
- ⊗ *Resist the urge to smoke even one cigarette*



Common signs of withdrawal:

- Cravings
- Feeling irritable, frustrated, depressed or anxious
- Feeling restless or having difficulty concentrating
- Increased appetite

If you have a setback

Don't get discouraged! Quitting smoking can be very challenging and it is important to keep persisting.

- ⊗ Remember that cravings only last a few minutes and you can resist the urge to smoke.
- ⊗ Remember why you have decided to quit.
- ⊗ Find ways to enjoy life and activities without smoking.

Call QUIT: 13 78 48
www.quit.org.au

Smoking and Crohn's Disease



Smoking makes Crohn's Disease worse. Smoking reduces the effect of medicines used to treat Crohn's disease, like biologic therapy.

Smokers are more likely to:

- ⊗ have a flare of their disease
- ⊗ have more severe symptoms
- ⊗ need stronger medications
- ⊗ need surgery
- ⊗ need more doctor's appointments and admissions to hospital
- ⊗ need more colonoscopies and medical treatments
- ⊗ miss work or school

