

Key Themes from Tuesdays with Nexus 21 March 2023 - 9.30am

51 people attended this session – Thank you for your participation.

Presenters:

Topic: "I just can't talk about e-cigarettes any more...'

Smoking Cessation

Dr Adam Pastor Addiction Medicine Specialist Department of Addiction Medicine St Vincent's Hospital Melbourne

- Smoking cessation Clinic

Resources Shared:

Please see Powerpoint shared

https://www.quit.org.au/ 13 7848

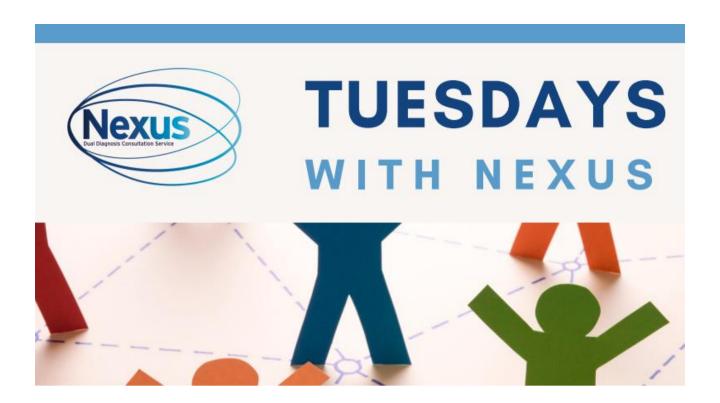
My quit buddy https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app Smokenders https://smokenders.com.au/

Smokitten https://www.smokitten.com/en/smokitten-le-jeu/

https://plav.google.com/store/apps/details?id=com.dowino.smokitten&hl=en IE&pli=1

https://www.nhmrc.gov.au/sites/default/files/documents/attachments/ceo_statement_on_electro_nic_cigarettes_0.pdf

https://www.nhmrc.gov.au/about-us/news-centre/australias-national-health-council-delivers-assessment-electronic-cigarettes



Cytisine

Tabex: https://www.amazon.com.au/tabex/dp/809NRGR4G3/

Desmoxan: https://www.amazon.com/DESMOXAN-5mg-100-Pills-Tablets/dp/B09C3N6MDB/

piCO™ Smokerlyzer: https://www.nesgroup.com.au/products/smokerlyser-bedfont-pico

Next Session- Date: Tuesday – 4 April 2023 30 mins

Topic: Workplace Wellbeing Strategy

Jo Southwell (she/her)
Inclusion and Wellbeing Lead – People and Culture
Banyule Community health