



# TUESDAYS WITH NEXUS



## 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://play.google.com/store/apps/details?id=com.dowino.smokitten&hl=en\\_IE&pli=1](https://play.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\\_electronic\\_cigarettes\\_0.pdf](https://www.nhmrc.gov.au/sites/default/files/documents/attachments/ceo_statement_on_electronic_cigarettes_0.pdf)

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



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## **Cytisine**

Tabex: <https://www.amazon.com.au/tabex/dp/B09NRGR4G3/>

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

piCO™ Smokerlyzer: <https://www.nesgroup.com.au/products/smokerlyzer-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