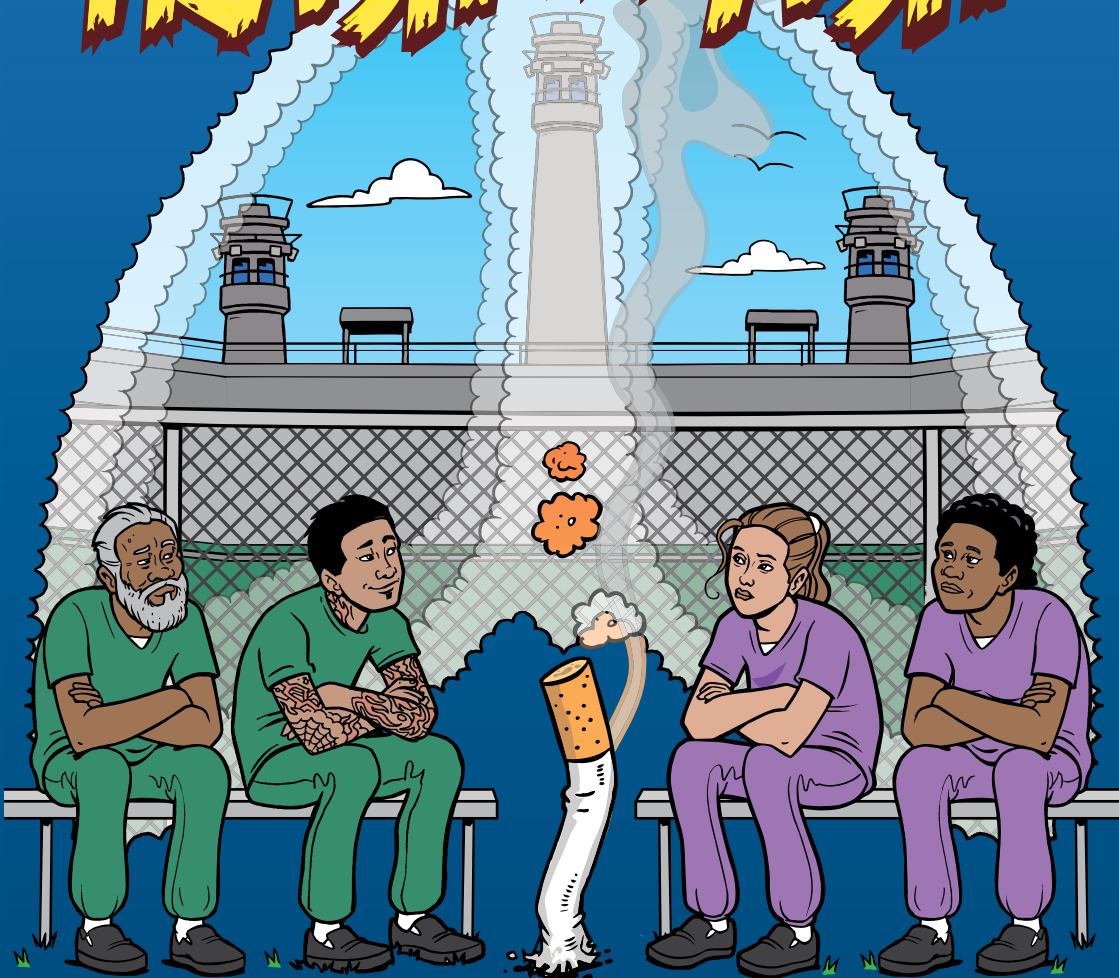


# TRASH THE ASH



A PRISON GUIDE TO  
QUITTING SMOKING

MAKE SMOKING  
**HISTORY**

# STOPPING SMOKING IN PRISON



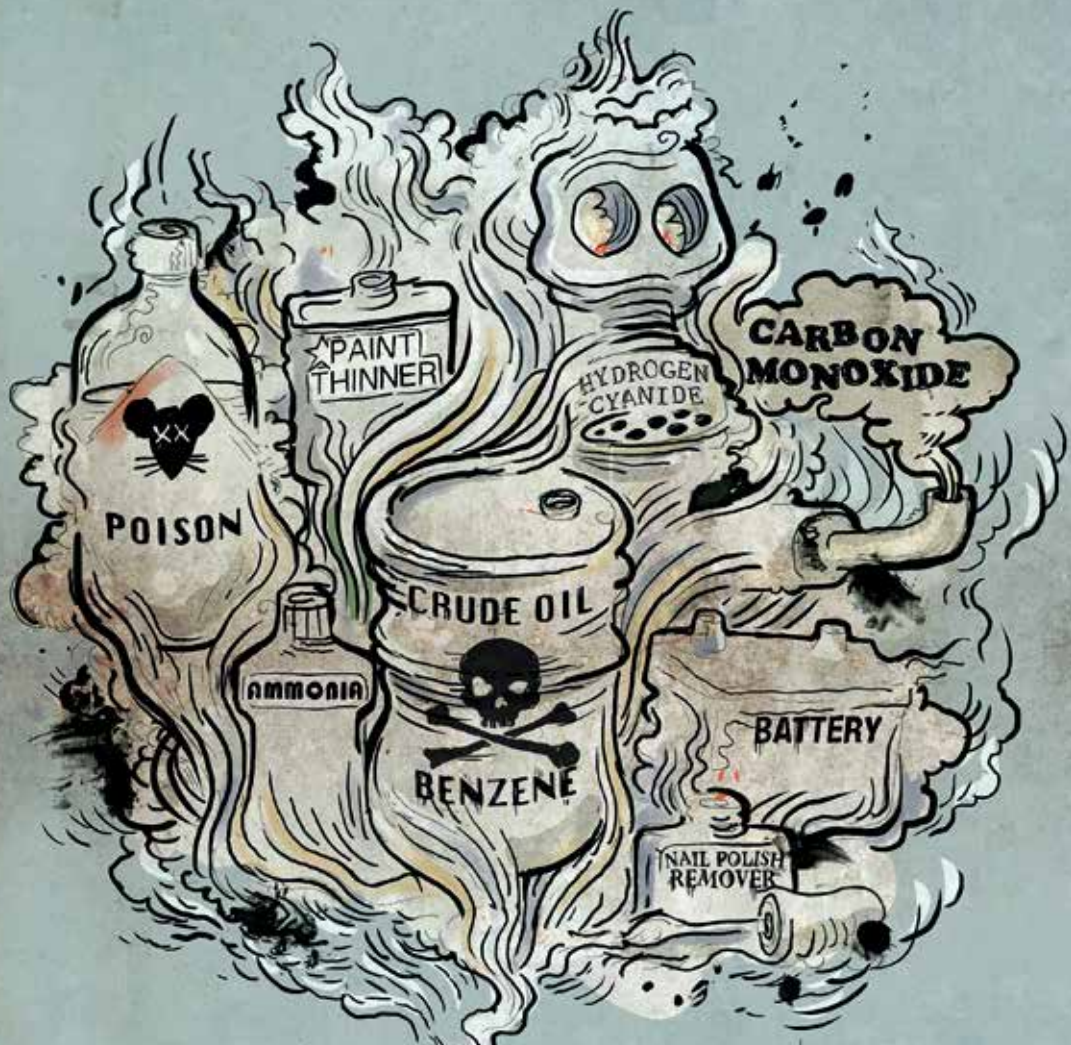
## **There are good reasons to quit smoking whilst in prison.**

This is a chance for you to have more money to spend and save, feel better and give yourself a good start to life when you are released.

Even though prison life can be stressful and boring, the routine can be a big help to you when quitting.

Giving up smoking can be hard but it will protect you and the people around you from the harm caused by breathing tobacco smoke.

## **YOU REALLY CAN DO IT!**



**CARBON MONOXIDE**

**HYDROGEN CYANIDE**

**POISON**

**PAINT THINNER**

**AMMONIA**

**CRUDE OIL**

**BENZENE**

**BATTERY**

**NAIL POLISH REMOVER**



**WHAT'S IN A CIGARETTE?**

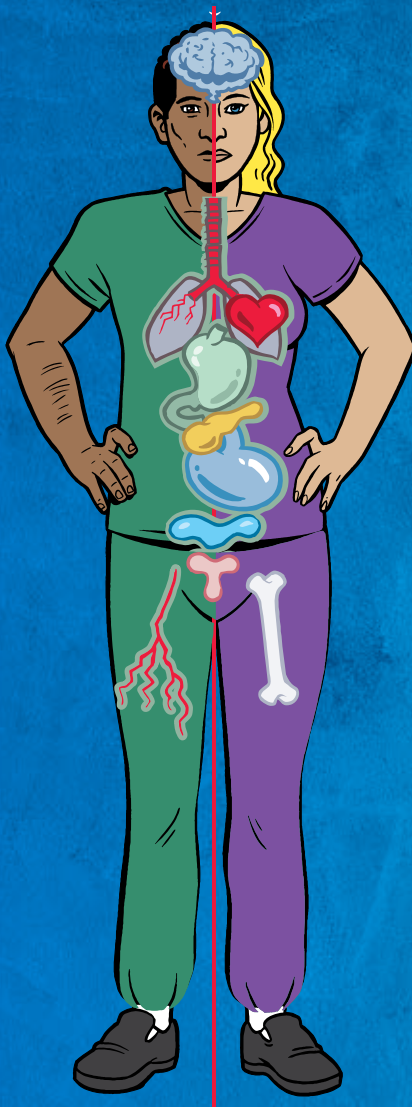
**AT LEAST**

**69**

**CHEMICALS THAT CAUSE CANCER**

# SMOKING

WHAT IT CAN DO  
TO YOUR BODY



## **Brain**

Stroke



## **Mouth and pharynx**

Cancer



## **Lungs**

Cancer, emphysema,  
bronchitis



## **Heart**

Coronary artery disease



## **Oesophagus & Stomach**

Cancer, peptic ulcer



## **Pancreas**

Cancer



## **Bladder**

Cancer



## **Uterus & Ovaries**

Infertility, affects healthy  
growth of developing baby,  
early menopause,  
cervical cancer



## **Testes**

Reduced fertility



## **Peripheral arteries**

Peripheral vascular disease



## **Bones**











Osteoporosis

## IS IT WORTH IT?

Second hand smoke also harms  
everyone who is exposed to it.

# CASH NOT ASH

Think about how much you usually spend on tobacco each week and each year and ask yourself whether you can really afford it.

|                      | PER WEEK  | PER MONTH   | PER YEAR   | IN 5 YEARS  | IN 10 YEARS  |
|----------------------|---|---|--|---|--|
| <b>1 x 25g POUCH</b> | <br>\$50.00  | <br>\$200.00 | <br>\$2400.00 | <br>\$12,000 | <br>\$24,000 |
| <b>2 x 25g POUCH</b> | <br>\$100.00 | <br>\$400.00 | <br>\$4800.00 | <br>\$24,000 | <br>\$48,000 |

Instead of spending money on smoking, you could save it for when you are released or spend it on snacks or drinks at the canteen.

**QUITTING SMOKING IS ONE OF THE BEST WAYS TO IMPROVE YOUR FINANCES.**

# BENEFITS OF QUITTING

Some people believe that they have been smoking for years and the damage has already been done. However, the good news is that the benefits of stopping smoking are almost immediate at any age.

**IT IS NEVER  
TOO LATE  
TO STOP  
SMOKING**



## **AFTER 12 HOURS**

Almost all of the nicotine is out of your bloodstream

## **AFTER 24 HOURS**

The level of carbon monoxide in your blood has dropped dramatically

## **AFTER 12 MONTHS**

Your increased risk of coronary heart disease is about half that of a smoker

## **WITHIN 2-5 YEARS**

There is a large drop in your risk of heart attack and stroke

## **AFTER 10 YEARS**

Your risk of lung cancer is lower than that of someone who continues to smoke

## **AFTER 15 YEARS**

Your risk of heart attack and stroke is close to that of a person that has never smoked

# GETTING HELP TO QUIT

## **There is support available for you.**

You can purchase nicotine patches from the canteen. Patches deliver nicotine through the skin and into the bloodstream. Or you can visit the Health Centre to ask about other ways to reduce and quit smoking. Help is available.



**CALL QUITLINE, (IT IS ON YOUR LIST OF FREE NUMBERS)  
OR VISIT THE HEALTH CENTRE.**

# WITHDRAWAL SYMPTOMS

- Not everybody suffers from nicotine withdrawal symptoms.
- Withdrawal symptoms will go away and nicotine patches may help.
- The body needs to adjust without nicotine.
- Withdrawal is recovery in disguise.
- You may feel worse before you feel better.

**IF YOU DO FIND YOURSELF IN A SITUATION WHERE YOU FEEL LIKE SMOKING, REMEMBER THE 4 D'S:**



## **DELAYING**

Delay for 1-2 minutes and the urge will pass



## **DRINKING WATER**

Sip it slowly



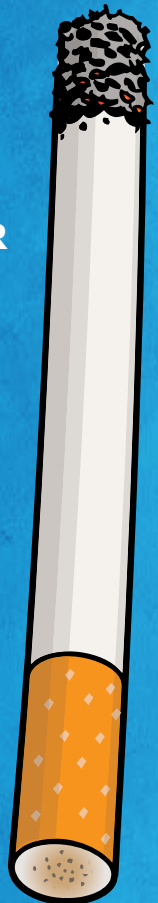
## **DEEP BREATHING**

Take three slow, deep breaths of fresh air



## **DOING SOMETHING ELSE**

To take your mind off smoking



|  | WHAT HAPPENS  | WHAT HELPS   |
|--|---|--|
| <b>Cravings</b>                                      | Strong urges to smoke get less frequent and less intense over time                                      | The 4 D's – Delay, Distract yourself (exercise, read a book), Drink plenty of water, breathe Deeply        |
| <b>Dizziness &amp; tingling</b>                      | There is more oxygen in the head, fingers and toes after stopping smoking                               | Dizziness will quickly pass, try breathing slowly  |
| <b>Dry throat, cough, sore throat</b>                | A dry throat or cough can get worse before it gets better. Lungs start to recover and clear out the tar | Sip water, suck a lolly  |
| <b>Feeling tired &amp; poor concentration</b>        | Stopping smoking requires effort and concentration  | Relax (breathe deeply, read a book), don't worry and try something new to do                               |
| <b>Headaches &amp; feeling irritable &amp; moody</b> | Withdrawing from nicotine can make you feel irritable   | Try to relax and take deep breaths<br><br>If you have a headache, speak to the nurses at the Health Centre |
| <b>Sleeping difficulties</b>                         | Withdrawal changes the body's metabolism and that can affect sleeping patterns for a while              | Cut down on caffeine – tea, coffee or cola   |
| <b>Sore gums &amp; mouth</b>                         | Chemicals in smoke damage the gums. As circulation improves the mouth can get sore for a short time     | Use gentle circular motions to massage and clean the teeth and gums  |
| <b>Taste &amp; hunger</b>                            | Food tastes much better and you may feel hungry   | Make healthy food choices and eat fruit and vegetables when you can  |
| <b>Trouble going to the toilet</b>                   | The digestive system will take time to settle down, this will soon disappear                            | Try to exercise more and don't forget to drink more water  |



# PRACTICAL TIPS FOR GIVING UP SMOKING

## GET RID OF SMOKING GEAR

e.g. lighters, papers, ashtrays

## PRACTICE SAYING

"I am a non-smoker"

## DELAY

e.g. wait for 1-2 minutes and the urge will pass

## KEEP THINGS WITH YOU TO REPLACE TOBACCO

e.g. fruit, water

## DO SOME EXERCISE

e.g. walking, sit ups, go to recreation or prison gym

## DISTRACT YOURSELF

Study, read, write a diary, do a crossword, or play puzzles or games

## TALK TO OTHERS

Who are giving up/have given up

## TRY

Controlled slow breathing or meditation



**CALL QUITLINE, (IT IS ON YOUR LIST OF FREE NUMBERS)  
OR VISIT THE HEALTH CENTRE.**

# SMOKING AGAIN?

**People sometimes start smoking again particularly when they are released from prison.**

If you do start smoking again, don't be discouraged. Most people need a few attempts before stopping for good. Try and think about what worked well and what didn't work so well for you. Use this information to help with your next attempt.

Try and quit with a friend or group of friends.

Think about what you will do when you leave prison to stay smoke-free.

There is help available. Speak to staff at your Health Centre or you can call Quitline, (it is on your list of free numbers) to get help to quit smoking and stay stopped.

This resource has been adapted with permission from Justice Health and Forensic Mental Health Network (NSW).

Partners:



Department of  
Health



MAKE SMOKING  
**HISTORY**®