

On quitting:
There are people out
there that will help
you... Don't give in,
you don't need the
smokes.

LET'S START A
CONVERSATION

SHARON

Sharon started smoking at 12 years of age, and would go through a pouch of tobacco every couple of days.

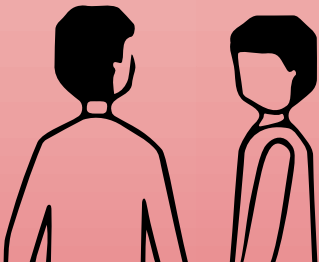
She looked after her Dad for five years when he had emphysema. Sharon's wake-up call came in hospital when she learnt her own lungs were only working at 50% capacity.

Sharon now uses nicotine lozenges and when she thinks she might relapse, she rings her supporters at the Smoking Cessation Program, the gym or the Quitline.



Quitline®
13 7848

GET THE SUPPORT YOU NEED TO STOP SMOKING



Talk to your:

- Doctor
- Health worker
- Support worker
- Pharmacist
- Another member of your care team



Tasmanian
Government