Trash the Ash

A Prison Guide to Quitting Smoking

NSW Government

Health
Justice Health & Forensic Mental Health Network
There are good reasons to quit smoking whilst in prison.

This is a chance for you to have more money to spend, 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.

On the outside the stresses of everyday life can make it difficult to quit. When you can buy and smoke cigarettes at any time, it makes it easy to give in to temptation.

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!
WHAT'S IN A CIGARETTE

AT LEAST 60 CHEMICALS THAT CAUSE CANCER

- Methane: Sewer Gas
- Hydrogen Cyanide: Rat Poison
- Methanol: Rocket Fuel
- Hexamine: Barbecue Lighter
- Stearic Acid: Candle Wax
- Butane: Lighter Fluid
- Toluene: Industrial Solvent
- Tar: Road Surfaces
- Nicotine: Pesticide
- Acetone: Nail Varnish Remover
- Carbon Monoxide: Gas From Car Exhausts
- Ammonia: Toilet Cleaner
- Benzene: Petrol
- Radon: Radioactive Gas
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
- Osteoperosis

IS IT WORTH IT?
SECOND HAND SMOKE ALSO HARMs EVERYONE WHO IS EXPOSED TO IT
Think about how much you usually spend on tobacco each week and each year and ask yourself whether you can really afford it.

<table>
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<th></th>
<th>Per Week</th>
<th>Per Month</th>
<th>Per Year</th>
<th>In 5 Years</th>
<th>In 10 Years</th>
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Quitting smoking is one of the best ways to improve your finances.

The money you spend on smoking could be used for lots of other things.
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.

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 blood pressure returns to normal.

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 disease and stroke is close to that of a person that has never smoked.

It is never too late to stop smoking.
There is support available for you.

You may be able to receive FREE nicotine replacement therapy (NRT) patches from the Health Centre.

NRT patches will help you quit.

Call the quitline MIN PIN 210 #
**Withdrawal Symptoms**

**Cravings**
- Strong urges to smoke get less frequent and less intense over time
- The 4 D’s - Delay, Distract yourself, Drink plenty of water, breathe Deeply

**Dizziness & Tingling**
- There is more oxygen in the head, fingers and toes after stopping smoking
- Dizziness will quickly pass, try breathing slowly

**Dry Throat, Cough, Sore Throat**
- 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

**Feeling Tired & Poor Concentration**
- Stopping smoking requires effort and concentration
- Relax, don’t worry and try something new to do

**Headaches & Feeling Irritable & Moody**
- Withdrawing from nicotine can make you feel irritable
- Try to relax and take deep breaths. If you have a headache, speak to the nurse at the Health Centre
Not everybody suffers from nicotine withdrawal symptoms. Withdrawal symptoms will go away and NRT may help.
The body needs to adjust without Nicotine.
Withdrawal is recovery in disguise.
You may feel worse before you feel better.

**SLEEPING DIFFICULTIES**
Withdrawal changes the body’s metabolism and that can affect sleeping patterns for a while
Cut down on caffeine - tea, coffee or cola

**SORE GUMS & MOUTH**
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

**TASTE & HUNGER**
Food tastes much better and you may feel hungry
Make healthy food choices and eat fruit and vegetables when you can

**TROUBLE GOING TO THE TOILET**
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
Knowing the situations where you would usually smoke will help you plan a way of dealing with them.

- Transfer to another centre
- Lockdowns
- Family problems
- Legal issues
- Other smokers
- Tension or stress
- Boredom or depression
PRACTICAL TIPS FOR GIVING UP IN PRISON

- GET RID OF SMOKING GEAR
  e.g. matches, papers, ashtrays

- PRACTICE SAYING
  “I am a non-smoker.”

- KEEP THINGS WITH YOU TO REPLACE TOBACCO
  e.g. fruit, water

- DO SOME EXERCISE
  15 minutes of exercise releases endorphins into the brain. This natural feel good drug will help you sleep better.

- 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 breathing or mediation

- CALL THE QUITLINE
  MIN PIN 2 1 0 #
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 several attempts before stopping.

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

There is help available, speak to a nurse at your health centre or you can call Quitline - MIN PIN 2 1 0 # for free to get help to quit for good.

ACKNOWLEDGEMENT

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