

# North Road Medical

Caring medicine to the whole family



Damage to the lungs can't be completely undone, but most of the adverse health effects from smoking decline rapidly after quitting. Within days, nicotine is removed from the body and carbon monoxide levels fall. Patients will also have an improved sense of taste and smell in a short period of time after quitting. In the months and years following, patients will experience a decrease in their risk of cardiovascular disease and cancer. In general, the mortality and morbidity from numerous conditions and diseases is reduced by quitting smoking.

## How Does my Smoking Impact Others?

The main way smoking hurts non-smokers is through secondhand smoke. Secondhand smoke is the combination of smoke that comes from your cigarette and smoke you breathe out while smoking. Breathing in any amount of secondhand smoke is dangerous. The one best way to protect your family from secondhand smoke is to quit smoking.

Many of the 7,000 chemicals in tobacco smoke are chemically active and trigger profound and potentially fatal changes in the body

If you do have a cigarette, it's not the end of your quit attempt. A slip-up is a setback, not a defeat.

Quitting can take a number of attempts.

### Directors

Dr Patrick Casey  
Dr Noelene Jacka  
Dr Daniel Mann Segal

### Doctors

Dr Lynette Hatherley  
Dr Yulya Gorovy  
Dr Millie Leykin  
Dr Simon Cooper

### Practice Nurses

Linda Gore  
Nurit Tatarsky

### Practice Manager

Rebecca Laver

### Reception Staff

Melissa Sowerbutts  
Jessica Nippard

### Allied Health:

Physiotherapy - Isaac Spivak  
Psychology - Rochelle Umansky  
Podiatrist - Julie Miller  
Dietitian and Exercise  
Physiology - Lifestyle Breakthrough

### Onsite Pathology:

Healthscope Pathology

### Surgery Opening Hours

Mon-Fri: 8am-6.30pm  
Sat: 8am-12.30pm  
Sun: Closed  
Public Holidays: Closed

Online booking available at:  
[www.northroadmedical.com.au](http://www.northroadmedical.com.au)

## Protect Your Loved Ones

You may not realise it, but your decision to quit smoking will protect the people in your life. Smoking harms both you and the ones you love. Think about how quitting will make the people you care about happier and healthier. This will motivate you as you begin your quit journey.

## Benefits of quitting

**A healthier and longer life** – The earlier you quit, the greater the health benefit. Your health will improve in the first few months after quitting, benefitting your heart and lungs, increasing blood flow to your hands and feet, and improving your immune system.

People who quit smoking by the age of 30 gain 10 years of life expectancy and avoid most smoking-related diseases. Even quitting at the age of 60 improves your life expectancy by a few years.

**Improved income** – Quitting smoking means more money for necessities such as rent and bills and ordinary treats such as eating out and movies.

**Breaking down barriers to socialising** – With most public and work places now smoke free, being a smoker can increase barriers to socialising or getting work.

**Less stress, better coping** – Smokers have more stress because they are constantly dealing with the anxiety that cravings cause. Research has shown that three to six months after quitting, ex-smokers have less stress and anxiety than before they quit<sup>2</sup>. Quitting can provide an opportunity to develop new and effective coping strategies rather than smoking.

You are not alone - QUIT RESOURCES

Speak with your GP or practice nurse

Quit line - 13 78 48

<http://www.quit.org.au>

<https://www.betterhealth.vic.gov.au/>

<https://www.helptoquit.com.au>

<https://www.quitnow.info.au>

THE GOOD NEWS IS THAT IT'S NEVER  
TOO LATE TO GIVE UP SMOKING

## LUNG HEALTH

Every day we breathe about 22,000 times. Most of us never stop to think about our breathing, it's just something we do.

We know that more than 50% of all Australians rarely or never think about the health of their lungs and Lung Foundation Australia encourages Australians to take the health of their lungs as seriously.

Symptoms of lung disease tend to creep up slowly and people automatically adjust their daily activities to accommodate or reduce their symptoms rather than getting help. Lung Foundation Australia encourages people to take our simple two minute lung health check list <http://lungfoundation.com.au/lung-health/>

