

JANUARY 2018

Topic for the Month: Smoking and What can we do about it?

Most people are aware that smoking is bad for your health and the health of those around you, is expensive, and becoming more and more socially unacceptable.

Still... smoking is not easy to give up.

So what can be done to help those ready to give up or even exploring the Idea of quitting smoking?

First some Facts!

- CQ region has been identified as one of the heaviest smoking areas in the country and we have the highest rate of pregnant women smoking. Smoking in Pregnancy is very harmful to your unborn child as is smoking around a young child.
- In pregnancy it decreases the baby's size and puts them at higher risk of placental breakdown and death.
- Young children have developing lungs that are easily damaged by cigarette smoking. For every cigarette you smoke in the presence of your child it is equivalent to them actually smoking a full cigarette themselves. This is called Passive Smoking.

So what can help?

There is the **Quit Line** that helps support people wanting to give and then whilst they give up.

Nicotine patches. These are safe to use even in Pregnancy and currently the Queensland Government will give 3 months of **free patches** to anyone wanting to give up Cigarettes.

The Government will also assist through **subsidized scripts** Champix for up to 6 months.

Use of hypnotherapy and acupuncture with the patches or scripts can greatly increase your success in Quitting.

COME IN TO THE GRACEMERE MEDICAL CENTRE FOR NON JUDGEMENTAL SUPPORT IN QUITTING TODAY.

Helpful websites and numbers

QUIT LINE: Ph – 13 78 48 (13 QUIT)

Website: <https://www.qld.gov.au/health/staying-healthy/atods/smoking/quitline>

Website: <https://www.health.qld.gov.au/cq/10000-lives>

Vaccine News

Start the year right!

- **Free consultation** - Come and have an assessment if you and your family are fully up to date with your vaccinations.
- **FREE vaccinations catch up program** - The Government is currently running for every-one who has missed vaccines and are eligible for them.
- **Free Assessment of Vaccine Status** - All those under 20 years of age.
- **Free Meningococcal ACYW Vaccines: 15 - 19 years ONLY! *Make sure your Teenager is protected*** against this deadly disease.
- **Over 20?** Check if you are covered for Measles, Mumps and Rubella!
- **At risk for pneumococcal illness?** Ask now to check if you are eligible for Vaccination!
- **70 – 80 year old?** Have you had your **FREE Shingles Vaccination?**

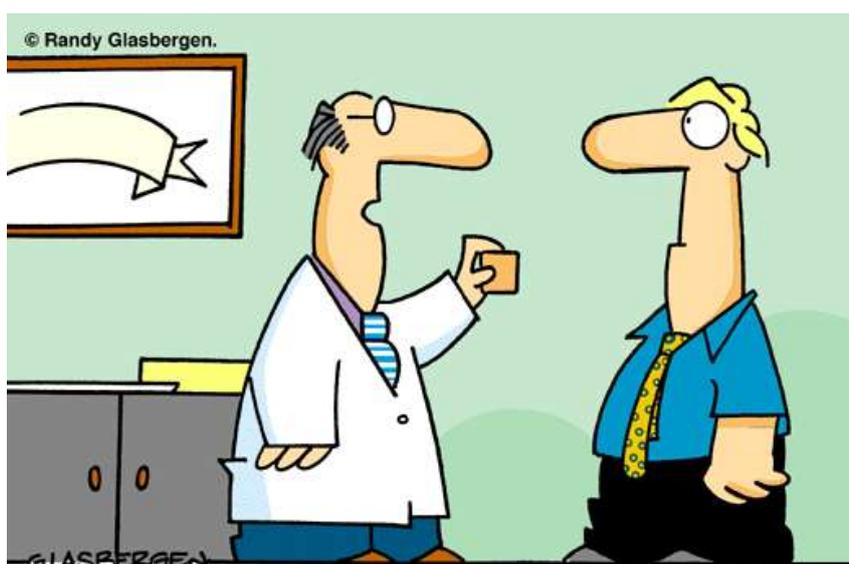
Gracemere Medical Centre News

Australia Day: Free Breakfast in the Cedric Archer Park.

There will be entertainment and children's activities.

Time: 8AM to 10AM

Thought for the Month:



“I’m prescribing a patch to help you quit smoking. Wear it over your mouth.”