



Quality Use of Medicines

Benefits of quitting smoking

20 minutes	Blood pressure and heart rate drop to normal. Temperature of hands and feet increases to normal.	1 year	Excess risk of coronary heart disease is half that of a smoker.
12 hours	Majority of nicotine has been metabolised.	5 years	Risk of mouth, throat and oesophagus cancer half that of a continuing smoker.
24 hours	Carbon monoxide blood levels significantly drop.	10 years	Risk of lung cancer is less than half that of a continuing smoker and continues to decline.
48 hours	Sense of taste and smell improves.	15 years	Risk of coronary heart disease is the same as a non-smoker. At 10-15 years all cause mortality in former smokers declines to the same level as people who have never smoked.
1 month	Most nicotine withdrawal symptoms disappear. Circulation improves.		
3 months	Lung cilia begin to recover and lung function improves. Coughing, wheezing and breathing problems improve.		

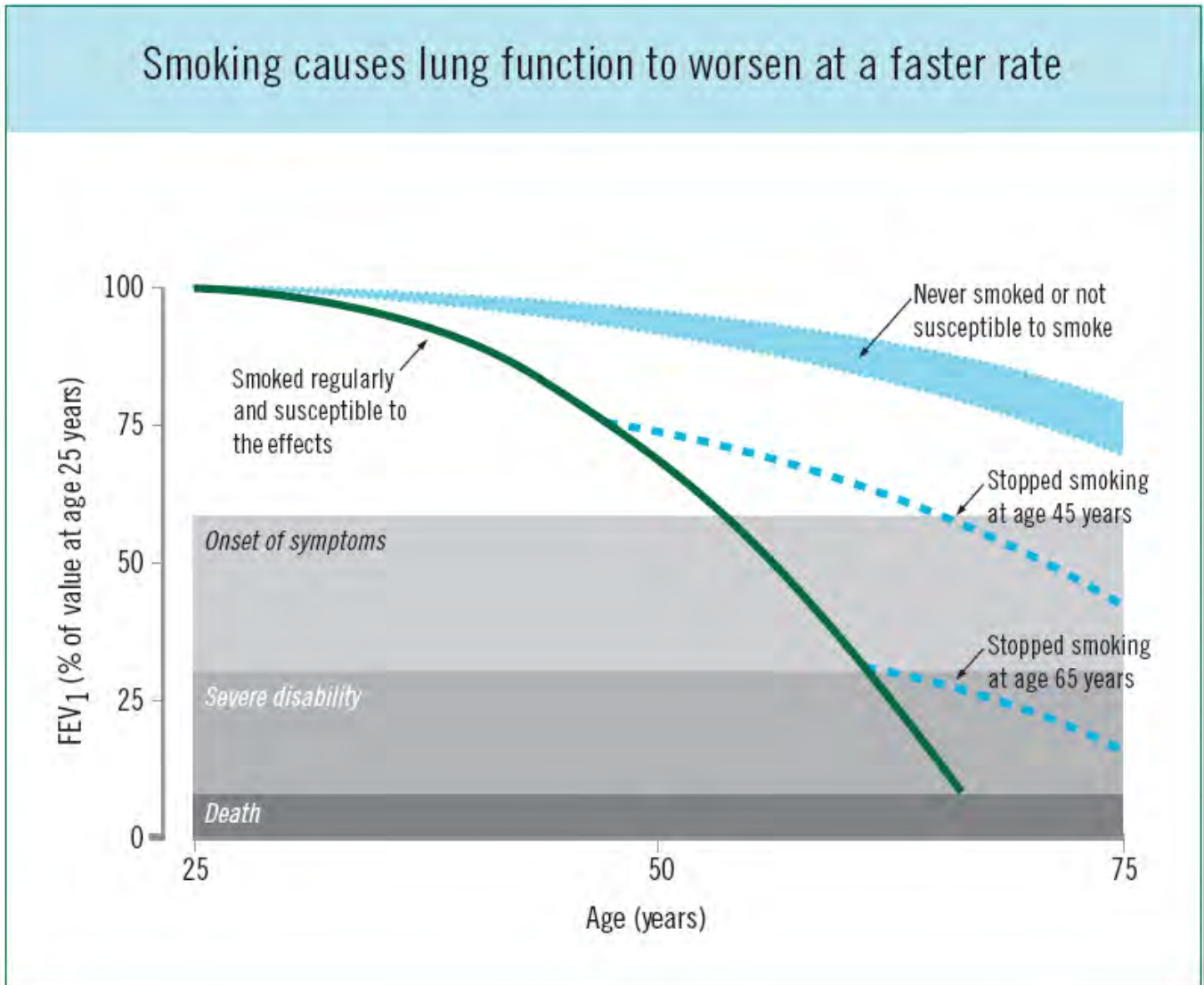
Reference: National Prescribing Service, 2006.

Cost of cigarettes: Holiday, 20 pack - \$10 | Winfield Blue, 20 pack - \$11 | Benson & Hedges, 20 pack - \$11 (\$ as at Aug 2006)

Cost of Nicotine Replacement Therapy (NRT)

Product	Brand	Strength	Frequency	Pack size	Approx cost (\$)
GUM	Nicorette (Citrus, Classic, Mint)	2 mg	8-12 pieces daily	30	13
				105	29-41
	QuitX (Classic, Mint)			24	8
				96	25
	Nicorette (Classic, Mint)	4 mg	6-10 pieces daily	30	18
				105	39-47
PATCH	NicabateCQ (24 hrs)	7 mg	1 patch daily	7	35
				7	35
				14	56-70
	QuitX (24 hrs)	7 mg	1 patch daily	7	21
		14 mg		7	22
		21 mg		7	24
				7	25
	Nicorette (16 hrs)	5 mg	1 patch daily	7	27
		10 mg		7	28-36
		15 mg		7	49
LOZENGE	NicabateCQ	2 mg	1 every 1-2 hours	36	26
				72	35
	NicabateCQ	4 mg		36	26
				72	36
SUBLINGUAL TABLET	Nicorette	2 mg	1 or 2 tablets every 1-2 hours	30	13
				105	44
INHALER	Nicorette	10mg	6-12 cartridges inhaled daily	6	8
				42	37-49

Who benefits from quitting smoking?



Reference: Adapted from Fletcher & Petro; supplied by the Australian Lung Foundation (www.lungnet.org.au)