

# ASC

## Asian Smokefree Communities

ASC is a free service for Asian people who

- Smoke
- Have a smoker in the family
- Wish to live smokefree – work, home & car –
- Live on the North Shore and/or are enrolled with Harbour PHO Doctors.

### What services are offered?

Specially trained ASC co-ordinators who can speak English and Mandarin/Cantonese/Korean will offer:

- Help to you and your family to create a smokefree environment – work, home & car
- The smoker support to go smokefree
  - Advice on stopping smoking
  - Nicotine patch and/or gum
  - Counselling
  - Phone support
  - Home visit
  - Information, e.g. booklet, sticker

### For an appointment

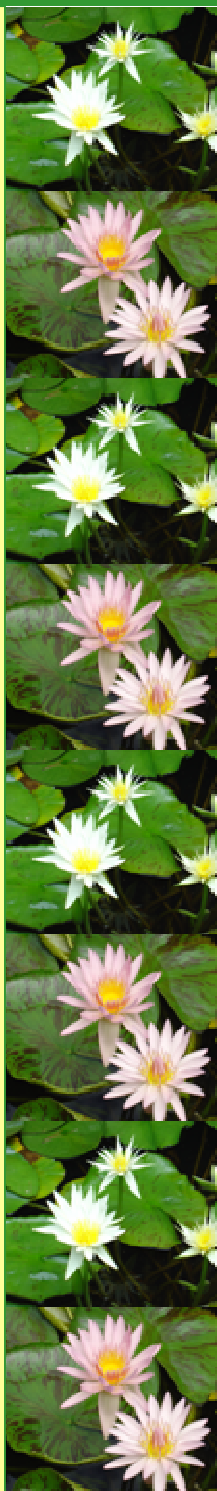
- Contact your doctor or nurse for details or
- Phone ASC co-ordinator for appointment

Christina Lee (*Korean*) 027 359 6880  
Zhoumo Smith (*Cantonese & Mandarin*) 027 357 1800  
Harbour PHO reception (*English only*) 09 415 1091

### Free interpreting service

If you do not speak English, please ask an English-speaking family member/support person to contact Harbour PHO reception on 09 415 1091 to make an appointment with the ASC co-ordinator and also request for an interpreter to assist with the communication process.

**ASC is here to support you and your family to be smokefree**



# Asian Smokefree Communities (ASC)

Asian Smokefree Communities (ASC)

For more information about ASC or to book an appointment with the Asian Smokefree Communities Co-ordinator please contact the Harbour PHO reception on **09 415 1091**

For more translated smokefree resources go to [www.asianhealthservices.co.nz](http://www.asianhealthservices.co.nz)



This infosheet is adapted from information developed by The Quit Group

**Quit Mā Mutu**

April 2006

# ASC

## Asian Smokefree Communities



## The Benefits of Quitting Smoking

## Did you know:

- smoking causes the early death of around 4,700 New Zealanders a year. These people could each have lived (on average) for another 14 years
- most of the people killed by tobacco were not very heavy smokers, but they started smoking as teenagers
- every second person who smokes over age 35 will die from smoking
- about one in three Maori deaths are smoking-related
- smoking causes deaths from lung cancer, Chronic Obstructive Pulmonary Disease, heart disease and stroke
- smoking causes one in four of all cancer deaths in New Zealand
- cigarette smoke is made up of more than 4000 chemicals, including acetone (paint stripper), ammonia (toilet cleaner), cyanide (rat killer), DDT (insecticide) and carbon monoxide (car exhaust fumes)
- smoking is a major cause of blindness, with about 1300 people in New Zealand having untreatable blindness due to current and past smoking

## Health effects of second-hand smoke

Cigarette smoke doesn't only harm smokers; it's also bad for those around them. Second-hand smoke is a mixture of smoke breathed out by the smoker and smoke released from the lit cigarette. It's estimated that around 350 New Zealanders are killed by other people's tobacco smoke each year.

### Adults exposed to second-hand smoke:

- can get coronary heart disease
- can get lung cancer
- are more likely to suffer from an acute stroke
- can suffer eye and nasal irritation
- can get nasal sinus cancer.

### Children exposed to second-hand smoke:

- can get middle ear damage
- have a higher risk of croup, pneumonia, and bronchiolitis in their first 18 months
- can get asthma
- can have more severe asthma attacks, more often.

## The good news about quitting

### After:

2 hours	the nicotine is out of your system
6 hours	your heartbeat slows down to normal and your blood pressure goes down
24 hours	the carbon monoxide is out of your system and your lungs work better
2 days	your senses of taste and smell improve
a few weeks	the phlegm in your lungs loosens and you start to cough it up and get rid of it
2 months	blood flow (circulation) to your hands and feet improves
1 year	you have almost halved your risk of sudden death from heart attack
5 years	you are almost as risk-free of sudden death from heart attack as a non-smoker.

**For more help, contact Asian Smokefree Communities  
on 09 415 1091**