



Bad news diagnosis becomes quit success – Mark Eveleigh, 57 will be the first one to tell you not to do what he did. It took an extended stay in hospital, unable to breathe without support, to motivate him to quit smoking.

Like many people he had started in his teens because it seemed like the thing to do. But over the years the amount he smoked increased. Eventually he says he'd have one in his hand constantly. At night if he got up he'd smoke one or two.

While in hospital and too sick to get out of bed, he was offered nicotine replacement therapy to manage his nicotine cravings and a referral for community counselling to help him quit for good once he was well enough to go home. That support included ongoing

nicotine replacement therapy and one-to-one counselling with a public health nurse to help him learn how to adjust to a new smoke-free lifestyle.

Today he is breathing easier, his energy has returned, and he has been able to return to work.

Looking forward, he says he won't go back to smoking, choosing instead to make sure he will be there for his family. That includes walking his daughter down the aisle at her wedding – something that seemed almost impossible less than a year ago.

Mark's quit tip: Think of the future. Quit now before you get sick.



Need help to get started on your quit journey? Call Health Connection weekdays 8:30 a.m. – 4:30 p.m.

Join our Facebook page Tobacco-free Chatter to share your tobacco tradeoff story and inspire others to quit. Follow us on twitter @TFChatter