



# NEWS RELEASE

Australian Divisions of General Practice Ltd.

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## ADGP encourages smokers to see their general practice for help to quit on World No Tobacco Day

If you're thinking about quitting smoking on World No Tobacco Day (today 31 May) you don't have to do it on your own. The Australian Divisions of General Practice urge smokers who are thinking about quitting to consult their general practice for advice and support to kick the habit. Your practice team can conduct a Lifescripts smoking assessment and provide you with a lifestyle prescription to help you to quit smoking or cut down on your tobacco use.

The Lifescripts Initiative is being implemented through the Divisions of General Practice Network and provides high quality evidence based tools for general practice to use in providing personalised advice and support to patients on quitting smoking, eating healthier food, reducing risky drinking, becoming physically active and achieving and maintaining a healthy weight.

"Tobacco smoking is responsible for 10% of the burden of disease and causes more deaths and disease in Australia than any other preventable risk factor. Smoking is responsible for an estimated 19,000 deaths and 142,500 hospital admissions per year" said Dr Jenny Thomson, Chair ADGP.

"Life-long smokers have a 50–60% chance of dying from a tobacco related disease, half of these deaths will occur between the ages of 25 and 54 years. Quitting smoking achieves both immediate and long-term benefits for your health" said Dr Thomson.

"Lifestyle behaviours are the largest group of preventable risk factors for death and disease in Australia. Divisions and practices are embracing Lifescripts to help patients achieve healthier lifestyles and prevent chronic disease" said Ms Carnell. "Encouraging healthier lifestyles to prevent chronic disease will save in treatment costs for the health system over the long term".

General practice interventions are effective in helping patients quit smoking. General practice can offer brief interventions to assist a patient in quitting, suggest strategies to overcome individual barriers to quitting, prescribe medical treatment to minimize nicotine withdrawal symptoms and provide referrals to other organisations and services that can assist people to quit smoking.

For more information please call Kate Carnell, ADGP Chief Executive Officer, on 0415 662 266.

### WHAT IS ADGP?

- ADGP is the peak body representing 119 Divisions of General Practice and eight State-based organisations (SBOs) around Australia. The Divisions Network supports general practice and their practice teams and drives the implementation of innovative health strategies.
- ADGP, through the Divisions Network, works to integrate general practice with other sectors of the health system, both government and non-government, to deliver high quality care to the Australian community.
  - ADGP is committed to promoting the health of all Australians by supporting the role of Divisions in the nation's primary health care system.



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