

Get trained in ABC and support our patients

Read my story at www.midcentraldhb.govt.nz



“Often people are **not aware** of the **addictive** nature of smoking when they start. Only later *when it's often too late* do they realise what they have done to themselves. Help *your patients to quit* before its **too late**”



Alistair Watson
Respiratory Physician

Dr Alistair Watson: Respiratory Physician

What does it mean to be a Champion?

Being a champion means supporting a cause which you are committed to and believe in. You need extra energy in order to rise above the crowd, show leadership, commitment and be able to engage with others and gain their support. You need to have courage and be in it for the long term. You must be prepared to overcome the inevitable obstacles and hurdles that you will encounter along the way.

Alistair's Story:

As a respiratory physician I see the effects of smoking everyday. We are all generally aware of the effects of smoking. However when people start smoking at a young age often the harmful effects are too distant for them to pay any serious attention too. They are not aware of the accumulative damage being inflicted by the components of cigarette smoke. Often people are not aware of the addictive nature of smoking when they start. Only later when it's often too late do they realise what they have done to themselves. This is usually where I get involved. Usually I see badly damaged bodies caused by cigarette smoking. Most people I see do eventually quit and most come to deeply regret ever starting.

I am mindful of how difficult it is for people to quit and usually people will require absolute commitment and desire to quit in order to be successful. This is where ABC Smoking Cessation is so beneficial through providing immediate support and follow up support.

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