

Date: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Patient's name: \_\_\_\_\_

### Your smoking assessment

- Occasional smoker
- Moderate smoker
- Heavy smoker

### Addiction or dependence

You are **probably / possibly / probably not** addicted to nicotine or dependent on nicotine.  
(Doctor to cross out those that do not apply)

Smokers who are addicted or dependent may need special help to quit.

### Quitting smoking will improve your health and well-being.

#### To help you quit, I recommend:

- nicotine replacement therapy: \_\_\_\_\_  
Instructions: \_\_\_\_\_
- bupropion (Zyban). Please follow the instructions on the packet.
- referral to Quitline 13 QUIT (13 7848)
- Quit book
- other

#### Quitting will be especially beneficial because of your:

- |   |  |
|---|--|
| <input type="checkbox"/> high blood pressure                    | <input type="checkbox"/> forthcoming surgery       |
| <input type="checkbox"/> diabetes                               | <input type="checkbox"/> child's/children's health |
| <input type="checkbox"/> heart disease                          | <input type="checkbox"/> gum disease/dental health |
| <input type="checkbox"/> family history of heart problems       | <input type="checkbox"/> impaired immune system    |
| <input type="checkbox"/> high cholesterol                       | <input type="checkbox"/> delayed wound healing     |
| <input type="checkbox"/> chronic bronchitis/chest infections    | <input type="checkbox"/> sexual difficulties       |
| <input type="checkbox"/> vascular disease e.g. aneurysm, stroke | <input type="checkbox"/> back pain/disc prolapse   |
| <input type="checkbox"/> asthma                                 | <input type="checkbox"/> osteoporosis              |
| <input type="checkbox"/> stomach ulcer or duodenal ulcer        | <input type="checkbox"/> other _____               |
| <input type="checkbox"/> sinus problems                         |  |

I would like you to return for review in \_\_\_\_\_ weeks.

Doctor's signature: \_\_\_\_\_



**Should I get help or try to quit on my own?**

Quitting smoking is tough, and professional help from your doctor and/or a support program will strongly improve your chance of succeeding.

Stopping smoking is like training for a triathlon. To succeed, you need to tackle all three areas:

**1. Withdrawal from nicotine**

Medication – either nicotine replacement (e.g. patches, lozenges or gum) or bupropion (Zyban) – can be very effective in overcoming addiction to the nicotine in cigarettes.

**2. Breaking the habit**

The Quit program and book will give you lots of practical tips.

**3. Dealing with the psychological aspects of smoking**

For many people, smoking has become like a friend or part of your life. You may rely on nicotine to help you deal with emotions, but you **can** learn to cope effectively **without smoking**.

If you need more help following the advice in this script, ask your GP or practice nurse. Getting some help is not a sign of weakness.

**What helps?**

- Using Quitline
- Talking to your GP about difficulties you are experiencing
- Using some form of medication to help you with nicotine withdrawal
- Finding someone to support you (couples who quit together improve their chance of succeeding)
- Making sure you have a plan tackling all three areas listed above

Make a list of what you like and dislike about smoking, to help you understand what the decision to quit means to **you**:

	Like	Dislike
Smoking		
Quitting		

**For more help, call Quitline 13 QUIT (13 7848)**



Date: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Patient's name: \_\_\_\_\_

**Eating well will help you maintain your health, manage your weight, increase your vitality and help with some medical conditions.**

- Eat plenty of vegetables – aim to eat:  
 \_\_\_\_\_ serves of vegetables each day  
 \_\_\_\_\_ serves of fruit each day

(Recommended daily amount for adults = **5 serves vegetables** + **2 serves fruit**. A serve of vegetables is equivalent to 1/2 cup cooked vegetables e.g. broccoli, carrot, stir-fry or mixed vegetables or 1 cup of salad)

- Limit take-away and convenience foods high in saturated fats to once a week or less (examples on back)

#### Choose options with less saturated fat

- Low-fat dairy products  
 *low-fat milk*    *reduced-fat cheese*    *low-fat yoghurt*    *other*
- Lean meats  
 *trim visible fat from meat*    *limit fried or crumbed meat*

#### Drink plenty of water

- Aim for 8 glasses every day  
 Drink water instead of fruit juice, sweetened soft drinks, cordials or sports drinks

(Recommended daily fluid intake for adults = **6-8 glasses** = approximately 2 litres. Water is best, but low-fat milk or low-energy soft drink may be suitable)

**To assist you with healthy eating, I refer you to:**

\_\_\_\_\_

\_\_\_\_\_

I would like you to return for review in \_\_\_\_\_ weeks.

Doctor's signature: \_\_\_\_\_



**Healthy eating can help lower your risk of heart disease, high blood pressure, stroke, diabetes and some cancers. Maintaining a healthy diet will help to improve vitality and energy levels throughout life.**

### Tips to increase vegetable and fruit intake

- Include a variety of vegetables every day (e.g. salads, vegetable soups, cooked vegetables).
- Eat vegetables and fruit at breakfast (e.g. baked beans, tomatoes or mushrooms on whole-grain toast, add fruit to breakfast cereals).
- Buy vegetables in season – they are often cheaper.
- Frozen or canned vegetables are an alternative to fresh vegetables. They are quick and easy to prepare.

### Tips to reduce your saturated fat intake

- Limit take-away and snack foods that are high in saturated fat (e.g. hot chips, fried rice, pizza, creamy pasta, potato crisps).
- Limit pies and pastries. Eat fresh sandwiches instead.
- Limit shop-bought cakes and biscuits. Eat low-fat yoghurt, raisin bread, and fruit instead, or bake cakes and biscuits at home using polyunsaturated or mono-unsaturated margarine and oils.
- Avoid sausages and processed delicatessen meats (e.g. Devon, salami). Eat lean meats instead (e.g. lean ham, turkey, chicken).
- Trim the fat from meat and trim the skin from chicken.
- Use low-fat cooking methods (e.g. grilling, stir-frying, steaming, microwaving) instead of frying or roasting food.

### Tips to increase your water intake

- Keep a bottle of water with you so you can avoid buying other drinks.
- Drink water instead of soft drink, cordials, sports drinks or fruit juice.
- Serve water at meal times.

Date: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Patient's name: \_\_\_\_\_ Male / Female: \_\_\_\_\_

## Your current alcohol use

- Risky** – your level of drinking could be a risk to your health and well-being. Consider cutting down your alcohol intake.
- High risk** – your level of drinking is harmful to your health and well-being. I advise you to cut down your alcohol intake.

## Doctor's prescription for safer levels of alcohol consumption

- Aim to have no more than \_\_\_\_\_ standard drinks per day, and a total of no more than \_\_\_\_\_ standard drinks per week.
- Try to include \_\_\_\_\_ alcohol-free days per week.
- Complete the drink diary for 2 weeks and bring it to your next appointment.
- Read the booklet *Alcohol and your health*.

## Reducing your alcohol intake will help you to feel healthier and will be especially beneficial because of your:

- |  |  |
|--|--|
| <input type="checkbox"/> depression / anxiety  | <input type="checkbox"/> heart burn          |
| <input type="checkbox"/> work-related problems | <input type="checkbox"/> high blood pressure |
| <input type="checkbox"/> relationship issues   | <input type="checkbox"/> heart problems      |
| <input type="checkbox"/> risk of accidents     | <input type="checkbox"/> other _____         |
| <input type="checkbox"/> weight gain           |  |

## To assist you in managing your alcohol use, I refer you to:

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I would like you to return for review in \_\_\_\_\_ weeks.

Doctor's signature: \_\_\_\_\_

## What is a standard drink?



Light beer  
2.7% alc/vol  
Large glass  
425 mL  
(schooner/pint)



Full-strength beer  
4.9% alc/vol  
Medium glass  
285 mL  
(middy/pot)



Wine  
12% alc/vol  
Glass 100 mL



Spirits  
40% alc/vol  
Nip 30 mL



Port/sherry  
20% alc/vol  
Glass 60 mL

## Note

- Serves of wine at most restaurants and bars are equivalent to almost **2** standard drinks
- Two cans (375 mL) of full-strength beer = **3** standard drinks

## Ways you can lessen the risks to your health

- Aim for one or two alcohol-free days each week
- Men: aim for no more than 4 standard drinks per day **on average**, and no more than 6 standard drinks **on any one day**
- Women: aim for no more than 2 standard drinks per day **on average**, and no more than 4 standard drinks **on any one day**

## Tips for low-risk drinking

- Sip drinks, don't gulp. Put your glass down between mouthfuls
- Alternate alcoholic and non-alcoholic drinks
- If you are thirsty, have a soft drink or water first
- Avoid snacking on salty foods that make you thirsty
- Ensure there are plenty of non-alcoholic or low-alcoholic drinks available at social gatherings
- Avoid drinking on an empty stomach – food helps slow down the rate of alcohol absorption into your body
- Avoid drinking in rounds or keeping up with others. If necessary, buy the first round then opt out and buy your own drinks from then on
- Plan to shorten your drinking time – begin later and go home earlier
- Say no to top-ups. This makes it easier to count your drinks.
- Have ready-made answers for when you are pressured to drink more than you want:

*No thanks – I'm driving*

*No thanks – I have to get up early in the morning*

*No thanks – I've had enough*

*No thanks – I'm on a training program*

*No thanks – I'm taking medication*



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Patient's name: \_\_\_\_\_

### Your activity assessment

- Low** – your activity level is not high enough to promote health
- Nearly there** – your activity level is not quite high enough to maximise health benefits

### Regular activity improves energy and vitality.

For your **health and well-being**, I recommend:

- Walking (briskly enough to notice a moderate increase in breathing or pulse) and/or:
  - swimming
  - gentle exercise classes
  - dancing
  - gardening
- strength training
- tennis
- tai chi
- other: \_\_\_\_\_

### How much:

- 10 minutes
- 15–30 minutes
- 30 minutes or more
- other: \_\_\_\_\_

### How often:

- 1–2 times per week
- 3–4 times per week
- 5 or more times per week

### This activity will be especially beneficial because of your:

- weight concerns
- heart disease
- depression/anxiety
- high blood pressure
- high cholesterol
- stress
- diabetes
- arthritis
- other: \_\_\_\_\_

### To assist you to be more active, I also refer you to:

\_\_\_\_\_

\_\_\_\_\_

I would like you to return for review in \_\_\_\_\_ weeks.

Doctor's signature: \_\_\_\_\_



**Try to be active every day in as many ways as possible. Put together at least 30 minutes of moderate-intensity physical activity on most days of the week. You can combine short sessions of 10 minutes each (same activity or different activities) to a total of 30 minutes per day.**

**Low-intensity physical activity:** causes no noticeable increase in breathing or heart rate (e.g. slow walking)

**Moderate-intensity physical activity:** causes slight but noticeable increase in breathing and heart rate, may cause light sweating (e.g. brisk walking)

**Vigorous physical activity:** causes hard breathing or puffing and panting (e.g. high-intensity fitness class)

### How to get started

- Choose a time of day that suits you and doesn't make you alter your routine much.
- Find an activity that you enjoy.
- Set a goal and work toward it, starting with short-term and realistic goals. Reward yourself when you have reached one of your goals.
- Be prepared to deal with setbacks that interrupt your activities.
- Recruit a friend or join a group activity. Some people find it easier to stay active in a social environment.
- Talk to your GP. Regular follow-up by someone you trust can help you stay active.

### Caution

**Do not start moderate-intensity physical activity if you have any of these conditions:**

- Unstable angina
- Chest discomfort and shortness of breath when you do low-intensity activity
- Uncontrolled heart failure
- Severe aortic stenosis
- Uncontrolled hypertension
- Infection or fever
- Heart rate more than 100 beats per minute when you are not exercising
- Complicated myocardial infarction (heart attack) within the past 3 months
- Uncontrolled diabetes.

**Stop the activity if you experience any of these:**

- Chest tightness, discomfort or pain
- Dizziness or light-headedness
- Difficulty breathing
- Nausea
- Leg pain or ache
- Palpitations (feeling of pounding or racing heart).

If you have diabetes: stop the activity if you experience shakiness, tingling lips, hunger, weakness or palpitations.

Date: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Patient's name: \_\_\_\_\_ Male / Female: \_\_\_\_\_

weight: \_\_\_\_\_ Height: \_\_\_\_\_ BMI: \_\_\_\_\_

Waist measurement: \_\_\_\_\_ Healthy waist measurement = less than 94 cm for men or 80 cm for women

**This advice will help you maintain your health, manage your weight, increase your energy and help with some medical conditions.**

**Aim to reduce your body weight by 5–10% of your current weight (e.g. if you weigh 100 kg now, aim for 90–95 kg)**

- Eat smaller servings. Try using a smaller plate
- Eat less high-fat foods (e.g. pies, pastries, processed meats, potato chips, high-fat snack foods)
- Avoid eating foods that contain a lot of energy (kilojoules/calories) even when you eat only a small amount (e.g. cakes, biscuits, high-fat snack foods). Instead, eat foods that are low in energy and contain a lot of nutrients (e.g. fruit, vegetables)
- Try to have regular meals. Listen to your appetite, and eat only when you are hungry. Don't eat when you are bored – only when hungry
- Limit the time you spend snacking while watching television
- Try to include at least \_\_\_\_\_ minutes of walking into your daily routine
- A physical activity prescription has been written for you

I would like to review your progress every \_\_\_\_\_ weeks.

Follow-up is an important part of weight management, to continuously help you to make these changes to your lifestyle.

To assist you to achieve and maintain a healthy weight, I refer you to:

- \_\_\_\_\_ for a full assessment
- \_\_\_\_\_ for more advice and support

I would like you to return for review every \_\_\_\_\_ weeks.

Doctor's signature: \_\_\_\_\_

## Losing weight will help to improve your vitality and quality of life

- Being overweight or obese can substantially increase your risk of developing health problems such as high blood pressure and high blood cholesterol, which can lead to heart disease, stroke, type 2 diabetes and joint problems.
- Many factors can contribute to weight gain. The aim is to find ways to shift the balance of energy input (food) versus energy expenditure (physical activity). You **will** lose weight when you are using up more energy than you are consuming.
- The keys to healthy weight are choosing healthy eating options consistently and increasing physical activity.

## Useful tips for a healthy weight

- Make one of the suggested changes to your food and drinks each week.
- Be prepared to deal with setbacks that interrupt your goals. The key is to treat setbacks as temporary, and to get going again as soon as possible.
- The changes you make must be choices that you can enjoy and maintain for life.
- Weight loss of 0.5–1.0 kg per week is achievable, but even if you are only losing 1 kg per month you will still achieve significant weight loss (6–12 kg) over a year.

## Tips to reduce energy intake (kilojoules)

- Eat plenty of vegetables, including salads, cooked vegetables, legumes (e.g. baked beans, kidney beans, lentils).
- Aim for at least 5 serves of vegetables each day. Try adding some at every meal and snack.
- Aim to eat at least 2 pieces of fruit each day.
- Choose low-fat dairy products (e.g. low-fat milk, low-fat yoghurt).
- Choose lean meats and trim the fat off meat. Limit processed meats (e.g. sausages, delicatessen meats like salami).
- Try to limit high-fat take-away foods (e.g. pies, pastries, pizza, hamburgers, fried rice, creamy pasta dishes, shop-bought hot chips) to once a week.
- Avoid sweetened drinks. Drink diet varieties or low-fat milk instead.
- Have regular meals and plan ahead.
- Limit your alcohol intake.

Making changes to your lifestyle takes both time and effort. If this advice does not work for you or you need more help, talk to your doctor. You may need referral to an accredited practising dietitian, psychologist or education and support program.