

A 30 year habit, gone

Brett Melrose, Pathways Consumer Advisor

I smoked for about 30 years.

When I was young my mate used to buy cigarettes for me. As I got older I started work and was able to buy cigarettes myself. Even though it was a huge blow to my wages the habit kept on growing, until most of my money went on cigarettes and alcohol.

I never worried about the side effects of my addiction until recently. I noticed that I'd developed yellow stains on my fingers, my lips were sore, my smell and taste sensation were not good, my teeth and gums went bad and even breathing was becoming difficult. I wanted to give up and went to a two day workshop on smoking cessation. I tried, but ended up giving in to the cigarettes again.

Earlier this year I started to think seriously once again about kicking the smoking habit. I wanted to save money, improve my health, improve my taste and smell sensation, and most of all, I wanted to be a good role model for my nephews and nieces, other Pathways staff and the people who use Pathways services. Pathways was there to back me. They gave me great support.

I have now been smoke free for 51 days (as at 25/07/2008). I'm really enjoying the benefits and feel like I have a new life!

I believe that if I can do it, anyone can do it.



