

Smokerlyzer Results

A measure of the carbon monoxide (CO) levels in your body

Date: _____ Name: _____ Result: _____%

This report details your results from a breath test showing the percentage of carbon monoxide (CO) in your body. CO is an invisible gas created from things like car fumes and the smoke of a cigarette or joint. Too much CO in the blood deprives the body of oxygen, making the body work harder, and increases the risk of health problems like heart attack, blood clotting and stroke. When we stop smoking, our body gets rid of the excess CO and begins to repair itself.

Green zone [0 – 1.6% of your red blood cells carrying CO instead of oxygen]

The green zone is a great place to be! Green indicates that you're a non-smoker, an ex-smoker or that you haven't been smoking recently so your carbon monoxide levels have returned to the safe zone. Keep up your smoke-free lifestyle and always protect yourself from second hand smoke.

Amber zone [1.61 – 2.23% of your red blood cells carrying CO instead of oxygen]

The amber zone indicates that you are a light smoker or a passive smoker inhaling second hand smoke. These higher levels of CO deprive the body of oxygen and put you at risk of serious health problems. Even light smokers are advised to quit and we can all do our best to avoid second-hand smoke. Turn over to read about your quitting options or for information about protecting yourself and others from second-hand smoke.

Red zone [2.24% or more of your red blood cells carrying CO instead of oxygen]

The red zone means you have a higher level of carbon monoxide in your blood, therefore indicating that you're a smoker. These high levels are depriving your body of oxygen and putting you at increased risk of serious health problems. Quitting is one of the best things you can do for your health. It can be challenging but certainly possible. Turn over to read about the supports available to help you quit.

Quitting smoking

For your **best chance of quitting**, there are two things you can do



Here are some services you can contact for support and advice:

- Quitline – 24 hour phone service | 13 78 48
- Addiction Services – call for an appointment
Inala 07 3275 5300 | Logan 07 3089 4084 | Bayside 07 3825 6060
- QuitCoach – develop your quitting plan | www.quitcoach.org.au
- My Quit Buddy – download the free smart phone app
- A doctor or pharmacist
- Additional options for Aboriginal and Torres Strait Islander people:
 - The Inala Quit Café takes place at Inala Indigenous Health at 10am each Wednesday and provides quit smoking support along with light refreshments | 07 3181 7653
 - The No Smokes website provides information for Aboriginal and Torres Strait Islander people including facts about smoking, health and quitting | www.nosmokes.com.au
 - You can ask to speak with an Aboriginal and Torres Strait Islander worker when contacting Quitline or Addiction Services (details listed above).

Second-hand smoke

Exposure to second-hand smoke increases the level of CO in the body, putting non-smokers at risk of serious health problems. Protect yourself and your family by:

- Keeping your home and car smoke-free. This includes making sure family, friends, and visitors never smoke inside your house or vehicle.
- Asking caregivers and relatives to provide your children with a smoke-free environment.
- Removing yourself and your children from situations where people are smoking.

Notes



Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2 (2.4.1) Consumers and/or carers provided feedback on this patient information.