

Submission

No 14

**INQUIRY INTO TOBACCO SMOKING IN
NEW SOUTH WALES**

Organisation:

Name: Mr Colin Sinclair

Telephone:

Date Received: 3/04/2006

Theme:

Summary

Colin Sinclair

,
]
:

Life Due to Smoking

I began smoking around 1956, aged 16, those days there were pictures of the troops smoking, everyone wanted to be The Marlborough Man, prominent people were seen smoking, eg, Prime Ministers, Union bosses, your doctor probably smoked. It seemed to be the in thing. By the time I was 50 I had a savage cough, my ribs hurt when I coughed & I often had a sore throat. I was told to give it up but being addicted (yep, believe me) it is extremely hard to quit. I had patches, chewing gum, acupuncture & anything else available. None worked. My health suffered immensely, although I realize this in hindsight now. I couldn't walk up the beach anymore, steps & stairs slowed me down, lifting things was getting harder, sleep was broken continuously by coughing. To change a flat tyre was a mammoth task.

I got Pneumonia and, as I already was diagnosed with Asbestosis the doctors had a very hard time keeping me alive. I was declared NO HOPE a few times but wonderful care got me around. I had a very long stay in hospital and during this period was able to, with much determination, kick the habit. I was put on oxygen for 16 hours a day every day. The oxygen came from a concentrator and I was connected with a tube to my nose. I was not looking forward to a life like this and *did* think of ending it. Better still I gradually cut back over 2 years until I did not need it. This due mainly to very good rehabilitation programmes at Nowra hospital, correct medication by my Heart & Lung specialist

& my GP and a degree of determination myself. I am one of the lucky ones. I saw the passing of several people since I started rehab, mostly smokers.

I still suffer greatly, but I have learned to adjust my activities to suit. I can't do things easily as breathing depletes with effort, even to putting out the garbage – and – you must keep an eye out for those BIG TOUGH BULLY FLIES & MOZZIES. {you do feel weak}

IT'S TRUE ---- SMOKING KILLS OR AT WORST BEATS THE HELL OUT OF YOU.

Please get help. Besides I now have about \$60.00 a week to play with. Yep, this amount was going up in smoke, all to ruin my health and now it seems, everyone around me due to passive smoking. I particularly notice it at the club. Boy, IT STINKS. And I once contributed.

Thanks for reading this. Hope it helps someone.

Yours sincerely

Colin Sinclair (please send a copy of final if you use this)