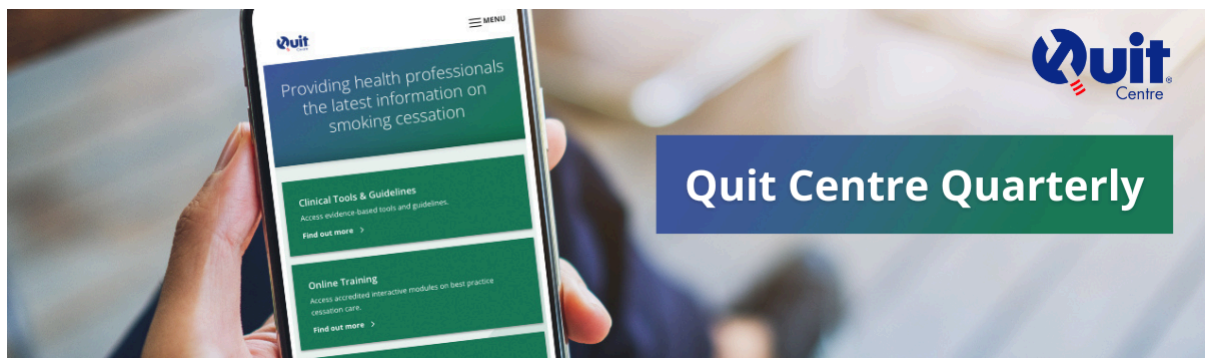


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Dear Poppy,

Welcome to the latest edition of Quit Centre Quarterly.

We enjoyed connecting with many of you at our spotlight presentation and booth at the recent Festival of Nursing in Melbourne, and look forward to connecting with GPs at the upcoming [Healthed Medical Update](#).

This issue features the first six episodes of our [Quit Insights Clinical Series podcast](#), an article published in [Australian Pharmacist](#) by our Pharmacist Lead, and the latest research on smoking, vaping and other nicotine product use in Australia.

We have also updated resources, including a fact sheet on smoking and cardiovascular disease and our [guide for community pharmacists](#).

Stay connected and don't miss an update by following us on [LinkedIn](#), where we share resources, research, news, events and more.

Until next edition,

Dr Cora Mayer
GP Lead, Quit Centre.

Latest News & Research

First series of our podcast now available

The first six episodes of [Quit Insights Clinical Series podcast](#) are now available on the Quit Centre website and all major podcast platforms. Hear a range of guests share their expertise on current topics in cessation through the lenses of clinical experience, patient support, Quitline counselling, and provision of pharmacotherapy, providing in-depth insights for health professionals. Series two is currently in production and will launch later this year.

[Read more](#)

Latest rates of smoking, vaping and use of other nicotine products

Results of the latest National Drug Strategy Household Survey indicate that smoking rates continue to decline in Australia and vaping rates appear to be stabilising. However, the use of multiple nicotine products is becoming more common. Health professionals need to continue to routinely provide evidence-based smoking cessation support, while taking into consideration changing patterns of nicotine use.

[Read more](#)



The vital role of nurses in smoking and vaping cessation

At the recent Festival of Nursing in Melbourne, our Nurse Advisor, Stacey Ridley RN, and GP Lead, Dr Cora Mayer, highlighted the vital role nurses play in smoking and vaping cessation. Their presentation explored how nurses can support patients to quit through Quitline referrals, including how the service works, the referral process, and what patients can expect. It was fantastic to connect with so many nurses and experience the energy and enthusiasm across the profession.

[Read more](#)

Does NRT work for everyone?

Authored by our Pharmacist Lead Jennifer Kyi, an informative article on NRT was published in the June 2026 online edition of Australian Pharmacist. It covers some key NRT troubleshooting considerations for pharmacists around use for smoking cessation and includes topics such as dosages, techniques, adverse effects, and slip-ups.

[Read more](#)

Clinical Tools & Guidelines



Helping patients to stop smoking: a guide for community pharmacists

A practical guide - [Helping patients to stop smoking: a guide for community pharmacists](#) has recently been revised and redesigned, following the update of Pharmaceutical Society of Australia's *Professional practice guidelines for pharmacists: Nicotine dependence support*.

[Read more](#)

Updated factsheet on smoking and cardiovascular disease

In collaboration with the Heart Foundation and the Stroke Foundation, our [Smoking and cardiovascular disease](#) factsheet for health professionals has recently been updated with new information and a fresh design. This resource outlines the relationship between smoking and cardiovascular disease and is useful for health professionals supporting patients to quit smoking.

[Read more](#)

Contact Us

For general enquiries please email contact@quitcentre.org.au.



The National Best Practice Support Service for Nicotine and Smoking Cessation is supported by funding from the Australian Government Department of Health, Disability and Ageing.

Cancer Council Victoria acknowledges the traditional custodians of the lands on which we live and work. We pay our respect to Elders past and present, and extend that respect to all Aboriginal and Torres Strait Islander people.

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