

Quitting smoking is the best thing you can do for your family.

Children with parents who smoke are more likely to try cigarettes in their teenage years and become regular smokers than children of non-smoking parents.

Parents are role models for their children, so setting an example by not smoking can reduce the likelihood of your children taking up smoking.

How to quit

To improve your chance of quitting smoking for good, it is a good idea to plan ahead. You may find these tips useful:

- **Get support:** Call Quitline 13 QUIT (13 7848) for free information, practical assistance and support. Quitline's trained counsellors are available seven days a week to help you get through the process of quitting.
- **Talk to your health professional:** Discuss quitting smoking with a general practitioner, pharmacist or community health worker, and plan your quitting strategy together.
- **Consider using pharmacotherapy:** Different products are available to help you quit smoking. Nicotine Replacement Therapy (NRT) includes patches, gum, lozenges, sublingual tablets and inhalers. The aim of NRT products is to replace some of the nicotine from cigarettes without the harmful chemicals found in tobacco smoke, thus reducing withdrawal symptoms such as cravings and anxiety. Bupropion Hcl and Varenicline are non-nicotine medications that are also effective in helping smokers to quit.



Further information:

www.quitnow.info.au • www.cancerqld.org.au
www.health.qld.gov.au/quitsmoking
Cancer Council Helpline 13 11 20

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Important news for fathers who smoke



Smoking around your family is dangerous.

Tobacco smoke contains more than 4000 chemicals and at least 69 of these are known to cause cancer.

Smoking around pregnant women

When smoking around a pregnant woman, toxic chemicals, such as carbon monoxide found in tobacco smoke, are absorbed into the woman's bloodstream and passed to the unborn baby. These chemicals can reduce the oxygen available to the baby, increase the baby's heart rate and limit the baby's growth.

The more tobacco smoke a pregnant woman inhales, the worse the risk to her health and the baby's health.

Smoking around a pregnant woman may:

- Increase the risk of miscarriage.
- Increase the risk of sudden infant death syndrome (SIDS).
- Increase the risk of low birthweight.
- Increase the risk of the baby developing asthma.
- Damage the baby's lung development.

Smoking around babies and children is dangerous

Young children are very susceptible to the health effects of tobacco smoke because they have smaller and more delicate lungs than adults, and their immune systems are still developing. Children with parents who smoke record nicotine levels of about the same amount of nicotine as if they were actually smoking up to 150 cigarettes per year, and breathe in many of the same cancer-causing chemicals.

Babies and children exposed to tobacco smoke are also at serious risk of:

- Sudden infant death syndrome (SIDS).
- Bronchitis, pneumonia and other lung or airway infections.
- Respiratory symptoms such as coughing and wheezing.
- Middle ear disease ('glue ear').
- Worsening of asthma.

Having cigarettes around the home also exposes children to danger. A baby or child who eats a cigarette, or even just a butt, can become very sick. Cigarettes and cigarette ash can inflict burns and eye injuries, and matches and lighters may cause serious injury.

Children with parents who smoke are more likely to try cigarettes in their teenage years and become regular smokers than children of non-smoking parents. Parents are role models for their children, so setting an example by not smoking can reduce the likelihood of your children taking up smoking.

Queensland has tough tobacco laws to protect the public's health. Remember, it is against the law to smoke in cars carrying children under the age of 16 years.

Fertility

Smoking has been associated with having a lower sperm count and volume and an increased likelihood of sperm abnormality. If you smoke, starting a family or adding to your family can be a great incentive to quit. If your partner smokes and is pregnant (or planning a pregnancy), it is important that she quits smoking to protect herself and the unborn baby from the harmful effects of tobacco smoke.

Benefits of quitting

There are many benefits of quitting smoking:

- You reduce your risk of many forms of cancer, heart disease, asthma and other illnesses.
- You will have more energy to keep up with your kids.
- Within just hours of quitting, your body starts repairing itself. Every hour, day, week and month that you go without smoking, your health will improve.
- Your lungs will have more access to oxygen and you will feel fitter.
- You will sleep better and your breath, clothes and hair will smell fresher.
- You will save money. Based on spending \$15 per day on cigarettes, you will save around \$5,400 per year.

Another positive step you can take is to make your home smokefree. Smoking in another room of the house does not eliminate your children's exposure to tobacco smoke. If visitors or other family members are smokers, ask them to smoke outside your home away from windows and doors.