

Ready to quit smoking?



Any time. Any day. We're here to help.

Reasons to quit smoking

Being clear about your personal reasons for quitting smoking can help you to stay positive while you are becoming a non-smoker. Some of the great reasons for anyone to quit smoking are listed below.

Health: Short-term reasons

- ☑ Your heart rate and blood pressure return to normal.
- ☑ You have more energy because your lungs are working better.
- ☑ Carbon monoxide in your blood decreases dramatically within 24 hours of your last cigarette. This means your blood can carry more oxygen around your body.
- ☑ Your taste and smell improves.
- ☑ You feel better.
- ☑ You sleep better.
- ☑ Your circulation improves.
- ☑ Your immune system is working better (within 1 month of quitting) so you might not get sick as often and might not stay sick for as long as when you smoked.

Health: Long-term reasons

Smoking harms almost every organ in your body – not just your lungs. You might not notice the damage smoking is doing because it affects your body slowly, but smoking does put a big strain on your body.

- ☑ Smoking increases your risk of a range of cancers (not just lung cancer) and affects your major organs.
- ☑ Smoking increases your risk of fertility problems, dental problems, eye problems (including blindness), circulation problems, and much more.
- ☑ Women who smoke and use the contraceptive pill are 10 times more likely to develop heart disease than non smokers who use the pill.
- ☑ Men who smoke are much more likely to develop impotence (erectile dysfunction) than non-smokers and smoking may affect the quality and quantity of sperm.

Choosing to stop smoking now is the best thing you can do for your health. If you choose to stop smoking today, you will make a real difference to your current and future health:

- ☑ **In 12 months** your risk of dying from coronary heart disease is now half what it would have been if you'd continued to smoke.
- ☑ **In 5 years** your risk of cancer of the mouth, throat & oesophagus is now half what it would have been if you'd continued to smoke.
- ☑ **In 10 years** your risk of lung cancer is now less than half what it would have been if you'd continued to smoke.
- ☑ **In 15 years** your risk of coronary heart disease and stroke is almost the same as if you'd never smoked.

Smoking not only shortens your life expectancy but it also affects your quality of life.

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Social Reasons

- ☑ You won't smell of cigarettes and smoke.
- ☑ You won't feel isolated when you have to leave your group of friends who don't smoke.
- ☑ You won't need to break up the time you spend with the children in your life
- ☑ Smoking gives you bad breath, a loud persistent cough, smelly clothes, and smelly hair.
- ☑ You won't feel like a leper anymore! More and more workplaces, public areas, pubs, restaurants, shopping centres, sports grounds, parks and playgrounds have become smoke-free.

Financial Reasons

- ☑ You will save money and won't have to budget for cigarettes anymore. If you spend \$10 a day on cigarettes when you are smoking:
- ☑ **After 3 days** you will have saved \$30, enough to buy a CD or DVD, some magazines, enjoy dinner or a movie.
- ☑ **After 1 month** you will have saved \$300, enough to buy some new clothes, have a weekend away, or take the family to a theme park.
- ☑ **After 6 months** you will have saved \$1700 to put towards an overseas holiday or home renovating such as a new furniture suite.

Other Reasons

- ☑ Freedom - you will be free of your nicotine addiction.

- ☑ Sense of achievement - quitting smoking is difficult for many so achieving a smoke-free life will feel very rewarding.
- ☑ Feeling and looking better - smoking ages your skin so stopping smoking can make you look younger. Smoking also yellows your teeth and your fingers so you will see improvements almost immediately.
- ☑ More time for yourself - when you stop smoking, you will have extra time in your day. For example, if you smoke 25 cigarettes a day and take 5 minutes for each, you'll have more than 2 hours of extra time each day. You might get things done more quickly because work and other activities aren't being interrupted by smoking breaks. This means you'll have more time for you.
- ☑ More experiences - when you stop smoking you could use the extra money, time, energy and confidence you'll have to do more of what you love, or maybe add something new to your life. If quitting smoking is something you never thought you could achieve, what else might be possible?

For more information about tobacco smoking or assistance with quitting, call the Quitline 13 QUIT (13 7848), 7 days a week.

The Quitline has been helping smokers for many years.