



Are you clear why you want to Quit?

From the following list tick the most important reasons for you to quit. Then add your own ideas in the spaces provided.

- I'll reduce my risk of heart attack
- I'll feel fitter & my skin will look better
- Within twelve hours, my body will be free of nicotine
- I'll set a great example to the children around me
- My lungs will start to recover and be able to clean themselves properly
- I'll have more money to spend the way I choose
- I'll give myself a confidence boost by quitting cigarettes
- I'll reduce my risk of getting cancer
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What are you looking for?

From the following list, tick the things that you want to do when you are a non-smoker. Add your own ideas in the space provided.

- Having more energy to play sport or keep up with the kids
- Knowing I'm back in control & not addicted
- Freedom from the hassle of always checking I have enough cigarettes
- Reducing the risk of getting sick from cancer & heart disease
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Practice details:

If you have any questions about the Quitting smoking please speak to your doctor.

Reference: Quit Victoria

www.quit.org.au

Or call Quit Helpline

13 78 48



Bayside General Practice Network April 2009

Interested

In

Quitting

Smoking?



Why Quit?

- ♣ Every year, about 19,000 Australians die from diseases caused by smoking.
- ♣ About one-third of these deaths occur in middle age.
- ♣ One in two lifetime smokers will die from their addiction.

Cigarettes are full of poisons, did you know?

- ♣ Tobacco contains over 4,000 chemicals including carbon monoxide (found in car exhaust fumes), ammonia (found in floor cleaners) and arsenic (found in rat poison).
- ♣ At least 69 of the chemicals in tobacco smoke are known to cause cancer. This is direct smoke or smoke inhaled from a smoker (passive smoke)

Did you know that smoking causes disease?

Smoking harms almost every organ in your body, but because it happens gradually you probably won't notice until it's too late.

- ♣ **Emphysema** is an illness that rots your lungs. People with emphysema often get bronchitis repeatedly, and suffer heart and lung failure.
- ♣ **Lung cancer** is caused by chemical in tar. Most lung cancers are caused by smoking.
- ♣ **Heart disease and strokes** are also more common among smokers than non-smokers. One in three deaths from heart disease in people under 65 are caused by smoking.
- ♣ **Peripheral vascular disease** occurs when blood vessels in your legs or arms become blocked. It causes pain and some smokers end up having limbs amputated.
- ♣ **Tobacco smoke** can also lead to disabilities such as blindness, hip fractures and painful stomach ulcers.

Confidence, fitness & appearance

- ♣ Smoking suppresses your immune system, so you are more likely to catch illness & flu. Smokers symptoms will be more severe than non smokers.
- ♣ Even young people who smoke have more coughs, mucus, wheezing, and chest infections.
- ♣ Smoking makes it harder to get enough oxygen to the muscles during exercise, so you tire more quickly.
- ♣ Wrinkles appear around the mouth & eyes earlier than non-smokers making you appear older than you are while the tar can stain your teeth & fingers.

Did you know that Smoking makes it more difficult to start a family?

- ♣ Men who smoke are more likely to have problems getting or maintaining an erection due to the effects of smoke on the blood vessels and smoking may affect sperm quality.
- ♣ Women who smoke are more likely to miss periods and have more painful periods. They are more likely to miscarry and may take longer to conceive.
- ♣ Babies born to mothers who smoked through pregnancy are more likely to be premature, stillborn or die shortly after birth.
- ♣ Babies exposed to tobacco smoke are more likely to die from SIDS (Sudden Infant Death Syndrome).
- ♣ Children of parents who smoke are more likely to get pneumonia, bronchitis in their first year of life. They have a greater chance of getting meningococcal disease, asthma and middle ear infections (a common cause of deafness). They are also more likely to become regular smokers themselves.

How soon will your health improve?

Depending on the number of cigarettes you smoke, typical benefits are:

- ♣ **After twelve hours** almost all the nicotine is out of your system.
- ♣ **After twenty four hours** the level of carbon monoxide in your blood has dropped dramatically. This means more oxygen in your blood stream.
- ♣ **After five days** most nicotine by-products have gone.
- ♣ **Within days** your sense of taste & smell improve.
- ♣ **Within a month** your blood pressure returns to it's normal level and your immune system begins to show signs of recovery.
- ♣ **Within two months** your lungs will no longer be producing extra phlegm caused by smoking.
- ♣ **After twelve months** your increased risk of dying from heart disease is half of someone who continues to smoke.
- ♣ **Stopping smoking** reduces the incidence and progression of lung disease including chronic bronchitis and emphysema.
- ♣ **After ten years** of stopping your risk of lung cancer is less than half that of a continuing smoker and continues to decline (provided the disease isn't already present).
- ♣ **After fifteen years** your risk of heart attack and stroke is almost the same as a person who has never smoked.