

STOP SMOKING & START BREATHING

Smoking is the leading cause of preventable death and disease in Australia.



- **YOU KNOW** THE DANGERS OF SMOKING
- **YOU KNOW** HOW MUCH CIGARETTES COST YOU & THE PRICE IS RISING
- **YOU KNOW** THAT YOUR KIDS WILL SMOKE BECAUSE THEY WANT TO BE JUST LIKE YOU
- **YOU KNOW** THAT SECOND HAND SMOKE AFFECTS YOUR FAMILIES HEALTH
- **YOU KNOW** YOU CAN QUIT
- **YOU KNOW** YOU CAN DO IT
- **YOU KNOW** THERE IS A NEVER BETTER TIME THAN NOW

'Klinge Safe Tyres Produce More & Last Longer'

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Benefits of Quitting

You will feel the benefits of quitting straight away as your body repairs itself. Depending on the number of cigarettes you smoke, typical benefits of stopping are:

- **After twelve hours** almost all of the nicotine is out of your system.
- **After twenty-four hours** the level of carbon monoxide in your blood has dropped dramatically. You now have more oxygen in your bloodstream.
- **After five days** most nicotine by-products have gone.
- **Within days** your sense of taste and smell improves.
- **Within a month** your blood pressure returns to its 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 that of a continuing smoker.
- **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 is not already present).
- **After fifteen years** your risk of heart attack and stroke is almost the same as that of a person who has never smoked.

Quitting smoking can be one of the most difficult, yet rewarding things a person can do. Most smokers' say they would like to quit, and may have tried at least once. Some are successful the first time, but many other people try a number of times before they finally give up for good.

Quitting Methods

Many people may not know how to go about quitting and what help is available to them. The list below will help you to find the best quitting strategy for your situation.

- Call the Quitline on 13 7848
- Get a free Quit Pack
- Sign up to QuitCoach
- Use patches, gum or medication
- Quitting cold turkey
- Alternative quitting methods such as acupuncture, hypnosis etc.



You can access the above information or find out more information on the above ways to quit from www.quitnow.gov.au.

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