

Smoking

Health effects of smoking

Brain

Smoking narrows and blocks arteries which can cause a stroke.

Mouth

Smoking is a major cause of cancers affecting the mouth and throat. Other effects include stained teeth, bad breath, dental issues and a loss of taste.

Heart

Smoking narrows and clogs arteries which leads to cardiovascular disease.

Lungs

Smoking causes most lung cancers and emphysema.

Body

Smoking is a major cause of cancer including bladder, kidney, pancreas, stomach, blood and cervix.

Reproductive organs

Men who smoke are at a greater risk of developing impotence (erectile dysfunction). Smoking can also affect the quality of sperm.

Feet and legs

Smoking affects blood vessels and circulation which can lead to gangrene, blood clots, infections and amputation.

Benefits of quitting

- 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.

How to quit

- **Call the Quitline on 13 7848** (8am to 8pm, Monday to Friday) for more information on what is available to help you to quit.
- Get a **free Quit Pack** by calling the Quitline on 13 7848. This includes all you need to know about where and how to get help and includes a quit book and wallet card.
- **Sign up to QuitCoach** which is an online tool developed to assist you in quitting smoking.
- Use **patches, gum or medication** to help reduce withdrawal symptoms such as cravings, irritability, mood swings and anxiety.
- Use **nicotine replacement** products to help reduce withdrawal symptoms.
- Seek advice from your doctor about available **prescription medications** which may assist in helping you quit.
- **Quit cold turkey**, without any medications or assistance.
- **Hypnotherapy** helps strengthen someone's will to stop.
- **Acupuncture** involves treatment by applying needles to different parts of the body.



For more information visit the following website:

www.quitnow.gov.au