



Why quit smoking?

THE FACTS!

The benefits of quitting

Quitting smoking is one of the most important things you can do to reduce your risk of cancer.

This is because tobacco smoke contains more than 7000 chemicals, including 69 carcinogens (chemicals known to cause cancer).

By quitting the smokes, almost straight away your health will start to improve and your risk of cancer and other diseases will reduce.

Every cigarette you don't smoke is doing you good.

Money

If you smoke a pack a day, by quitting, you could save over \$13,000 a year.

Time

Someone who smokes a pack a day, will spend around 2 hours per day smoking.

Once you've quit, you no longer have to plan when and where you will have your next cigarette. Then you can think about other ways you could spend your time.

Mental Health

Many people believe that smoking reduces stress, depression and anxiety, when in fact the reverse is true. Research shows that **6 weeks after quitting smoking, mental health improves**, even in people with diagnosed mental health conditions.

Your health after quitting

Within hours of quitting the tiny lung hairs called cilia start to recover their ability to clean out your lungs (as the cilia start working, some smokers cough up black mucous for weeks after quitting; this is a sign that the body is starting to heal itself).

Your blood pressure and heart rate will drop.

Within 24 hours you will start to feel less breathless, as your blood can carry more oxygen due to the excess carbon monoxide leaving your blood stream.

In 1 day, your body is mostly rid of nicotine.

In 1 week, your sense of taste and smell improves.

In 1 month, your skin appearance is likely to improve.

In 2 months, your lungs will no longer be producing extra phlegm caused by smoking, which means you will likely cough less.

In 3 months, your lung function and blood flow will improve, and you will feel less breathless when you exert yourself.

In one year, your risk of heart disease will halve.

In 5 years, your risk of a stroke will dramatically decrease.

In 10 years, your risk of lung cancer will be less than half of someone who continues to smoke.

In 15 years, your risk of a heart attack and



Talk to your GP or Pharmacist for further advice or call Quitline on the number above.