

## Benefits of quitting smoking

No matter how long you have smoked, quitting will benefit your health and finances now and into the future.

### In 12 hours

- Almost all nicotine is out of your body

### In 1 day

- There is more oxygen in your blood

### In 1 week

- Ability to smell and taste is improved

### In 1 month

- Blood pressure returns to normal
- Immune system starts to recover

### In 3 months

- Lung function improves

### In 1 year

- Risk of dying from heart disease is half that of someone still smoking
- A pack-a-day smoker will have saved more than \$10 000

### In 10 – 15 years

- Risk of lung cancer is less than half that of someone still smoking
- Risk of other cancers decreases
- Risk of heart attack and stroke is similar to that of a non-smoker.

## Where to get help to quit smoking

Getting the right advice and support can help you to quit for good. There are many support services that exist to help you quit.



**Download** free apps  
**My QuitBuddy** and **Quit for You – Quit for Two**



**Register** for online support with  
[www.quitcoach.org.au](http://www.quitcoach.org.au)



**Speak** to your **doctor, local Aboriginal Medical Service** or **pharmacist** about ways you can quit



**Call** the **Quitline 13 7848** to speak to a trained counsellor (Aboriginal counsellors are available on request)



**Visit** [makesmokinghistory.org.au](http://makesmokinghistory.org.au) to request a Quit Kit or for more information.

MAKE SMOKING  
**HISTORY**<sup>®</sup>

Pocket guide  
to quitting



# Tips to help you quit smoking

You may think quitting is just too hard, but with planning and preparation you can quit and stay quit.

## Find your reason

Know why you want to quit. This will increase your chances of successfully quitting.

## Speak to a GP or the Quitline

You can get advice on different quitting methods and ongoing support.

## Set a quit date

Make sure you give yourself enough time to prepare. Consider an easy day of the week to start.

## Reduce your smoking

Start by not smoking one or two of your usual cigarettes.

## Make your home and car smoke-free

A smoke-free home and car will help make quitting easier.

## Have a quit plan

A quit plan will help you take it step-by-step and identify what works for you. Visit [makesmokinghistory.org.au](http://makesmokinghistory.org.au) to develop your plan.

## Tell your family and friends





They can support you as you quit smoking.

## Know your triggers

Certain times of the day, events or emotions may trigger a sensation to want to smoke again. Identify these triggers and plan how to avoid them or how you will cope.

## Distract yourself

If you do find yourself in a situation where you feel like having a cigarette, remember the 4 D's:

 Delay:	For 1 – 2 minutes and the urge will pass
 Drink water:	Sip it slowly
 Deep breathe:	Take three slow, deep breaths
 Do something else:	To take your mind off smoking.

Partner:



Department of Health



*Funds to create this guide were donated to Cancer Council WA by Angus Faed, in memory of his beloved late wife Toni, who suffered from cancer, emphysema, and other smoking related health issues.*