

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



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 to request a Quit Kit or for more information.



MAKE SMOKING
HISTORY



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YOUR GUIDE TO QUITTING

MAKE SMOKING
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WHAT HAPPENS TO YOUR BODY WHEN YOU QUIT?

AFTER 1 HOUR

The heart rate drops and returns to normal



AFTER 1 DAY

Your risk of a heart attack begins to decrease, oxygen levels have risen and your blood pressure drops



AFTER 3 DAYS

The nicotine in your body is gone; this means withdrawal symptoms including headaches and cravings.



AFTER 9 MONTHS

Your lungs have healed themselves; you may notice a decrease in lung infections.



AFTER 5 YEARS

Your body has healed itself enough for the arteries and blood vessels to begin to widen again, resulting in a decrease in blood clotting and lowering the risk of a stroke.



AFTER 12 HOURS

The body cleanses itself of excess carbon monoxide, increasing the bodies oxygen levels



AFTER 2 DAYS

Your senses start to come back – you start to smell & taste different as your nerves are healing.



AFTER 1 MONTH

Your lung function will start to improve and you will be able to be physically active easier.



AFTER 1 YEAR

Your risk of coronary heart disease decreases by half.



AFTER 10 YEARS

Your chance of developing lung cancer and dying from it are cut in half with compared with someone who continues to smoke.



TIPS TO HELP YOU QUIT

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 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.

For more information on how to quit, visit www.makesmokinghistory.org.au