

Benefits of quitting smoking

Within 20 minutes after the last cigarette:

- Blood pressure and pulse rate drops to normal
- Body temperature of hands and feet increase to normal

Within 24-48 hours:

- Chance of heart attack begins to decrease
- Ability to smell and taste is enhanced

Within 1-9 months:

- Circulation improves
- Lung function increases
- Coughing, congestion, and shortness of breath all decrease

Within 1-5 years:

- Risk of heart disease is half that of someone still smoking
- Lung cancer death rate decreases by almost half

Within 10-15 years:

- Lung cancer death rate is similar to that of non-smokers
- Risk of other cancers decreases
- Risk of heart disease is similar to that of a non-smoker

No matter how long you have smoked, quitting will benefit your health now and into the future. Quitting will also save you money. If you smoke a pack a day, you could save more than \$9,000 a year when you quit.

Getting help to quit smoking

Getting the right help and support can go a long way to ensure that you're able to quit for good. Advice and support services exist free of charge to help smokers preparing to quit and recent quitters stay smoke free.



Call the **Quitline 13 7848** to speak to a trained counsellor



Visit **makesmokinghistory.org.au** for more information

MAKE SMOKING
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Quit pocket guide



Quitting smoking

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

- **Find your reason** Knowing why you want to give up will increase your chances of successfully quitting.
- **Set a quit date** When picking a quit date, make sure to give yourself enough time to prepare and try to pick an easy day of the week to quit.
- **Tell family and friends** It can help to tell your family and friends about your plan to quit smoking and gain their support.
- **Practice quitting** Try to cut down on one or two of your usual cigarettes (e.g. with coffee or after dinner), make your car and home smoke free and start refusing cigarette offers from other smokers.
- **Have a quit smoking plan** Developing a quit plan is about identifying what works for you and taking it step-by-step. To make your own quit smoking plan visit makesmokinghistory.org.au

- **Know your triggers**
Certain times of the day, events or emotions may trigger a sensation to want to smoke again. You may find it helpful to identify these triggers and either avoid these situations early on in your quit journey or make a plan for 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



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