

Facts about smoking

Time to
give 'em up!



Facts about smoking

Each year, about 19,000 Australians die from diseases caused by smoking.

Some of the diseases caused by smoking include:

- Lung cancer
- Bronchitis
- Heart disease
- Strokes

Smoking kills more people in Australia than all the people killed by alcohol, other drugs, murder, suicide, road crashes, air crashes, poisoning, drowning, fires, lightning, electrocution, snakes, spiders and sharks. Each year about 245 Western Australians have body organs partially or fully removed due to problems caused by smoking. 75% of Australian adults do not smoke, and around 80% of Australian smokers have made attempts to quit. A 20 a day smoker breathes in 210g of tar a year.

What's in a cigarette?

When someone smokes they breathe in:

- **Tar**-Is the main cause of throat and lung cancer and also causes yellowish brown stains on fingers, teeth and lung tissue.
- **Nicotine**-A chemical in tobacco, which causes addiction. It stimulates the nervous system, increasing heart rate, raising blood pressure and constricting small blood vessels under the skin, which can cause wrinkles.
- **Carbon Monoxide**-Poisonous gas that reduces the amount of oxygen taken up by a person's red blood cells.
- **Hydrogen Cyanide**-Poisonous gas used in gas chambers during WWII. Damages the lung cleaning mechanism in humans.
- **Metals**-Arsenic (white ant poison), nickel and cadmium (car batteries).
- **Radioactive compounds and pesticides**- Both causing cancer.

Smoking is the largest cause of preventable death in the western world. The chemicals can also harm non-smokers who breathe in smoke.

The effects of smoking on the body

Smoking affects many parts of the body, both inside and outside. Some effects happen immediately and some take a while longer to occur.

Immediate to short term

- Smelly hair and breath
- Less oxygen in the brain
- Stained teeth and fingers
- Faster heart beat and higher blood pressure

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Medium to long term

- Stroke
- Blindness
- Mouth and throat cancer
- Lung and emphysema
- Bladder cancer
- Cardiovascular disease
- Heart attack
- Dry and wrinkled skin
- Less muscle tone
- Infertility and impotence
- Stomach ulcers

How to quit

Visit Your Doctor - Remember to see your doctor before quitting if you are taking any medication. We know that stopping smoking can be stressful. So if you have suffered from depression, anxiety or other mental illness, ask your doctor's advice before quitting.

Choose an approach that will work for you. Some suggestions include:

Cold Turkey - stopping completely without cutting down

Cut Down - reducing gradually to 5 cigarettes a day, going on half rations or delaying your first cigarette by an hour each day.

Products - Products include Nicotine Gum, Nicotine Patches, Nicotine Patches or Nicotine Inhaler. These products can be used to help you quit.

Symptoms of quitting

Withdrawal symptoms are the way your body reacts when it stops getting nicotine and all the other chemicals in tobacco smoke. Think of these as recovery symptoms. Some recovery symptoms include:

- Cravings
- Occasional headaches
- Upset digestion
- Changed sleeping patterns
- Coughing
- Feeling of irritability, depression or anxiety
- Temporary increase in appetite and possible weight gain

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Ways to cope with urges to smoke

- Take some deep breaths
- Have a drink of water
- Do something else
- Go outside and take a walk
- Read
- Watch a video
- Listen to music
- Play sport
- Play with your children
- Write a story
- Play Cards
- Visit or talk with a friend

Coping with recovery symptoms

The first few days are the hardest, confront the cravings. Remember the 4Ds

- **Delayacting on the urge to smoke.** Don't open a pack or light a cigarette. After 5 minutes, the urge to smoke weakens and your resolve to quit will come back.
- **Deep breathe.** Take a long slow breath in, and slowly out again. Repeat 3 times.
- **Drink water.** Sip it slowly, holding it in your mouth a little longer to savour the taste.
- **Do something else.** Take your mind off smoking by taking action – put on some music, go for a walk, read a book.

JUST ONE WILL HURT!!!!!!

Having one is the way most people go back to regular smoking, so resist by overcoming the craving and keep on track with your quit goals.

Staying a non-smoker

Think of yourself a non-smoker from the moment you quit. The urge to smoke can return when you least expect it. You can stay stopped but you need to be prepared. There is always something better than a cigarette.

Find new ways to handle stress and emotions such as stress, grief, anger, hunger and guilt. As a non-smoker you will discover many ways to deal with these feelings without having a cigarette.

Quitting

- Telephone the quit office (Quit WA) 131 848
- Set a date to quit
- Take one day at a time and congratulate yourself each time you survive an urge to smoke
- Tell yourself you are a non-smoker
- Ask family and friends to support you
- Make your home a "smoke free" place
- Ask other people who smoke not to offer you cigarettes or smoke near you

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