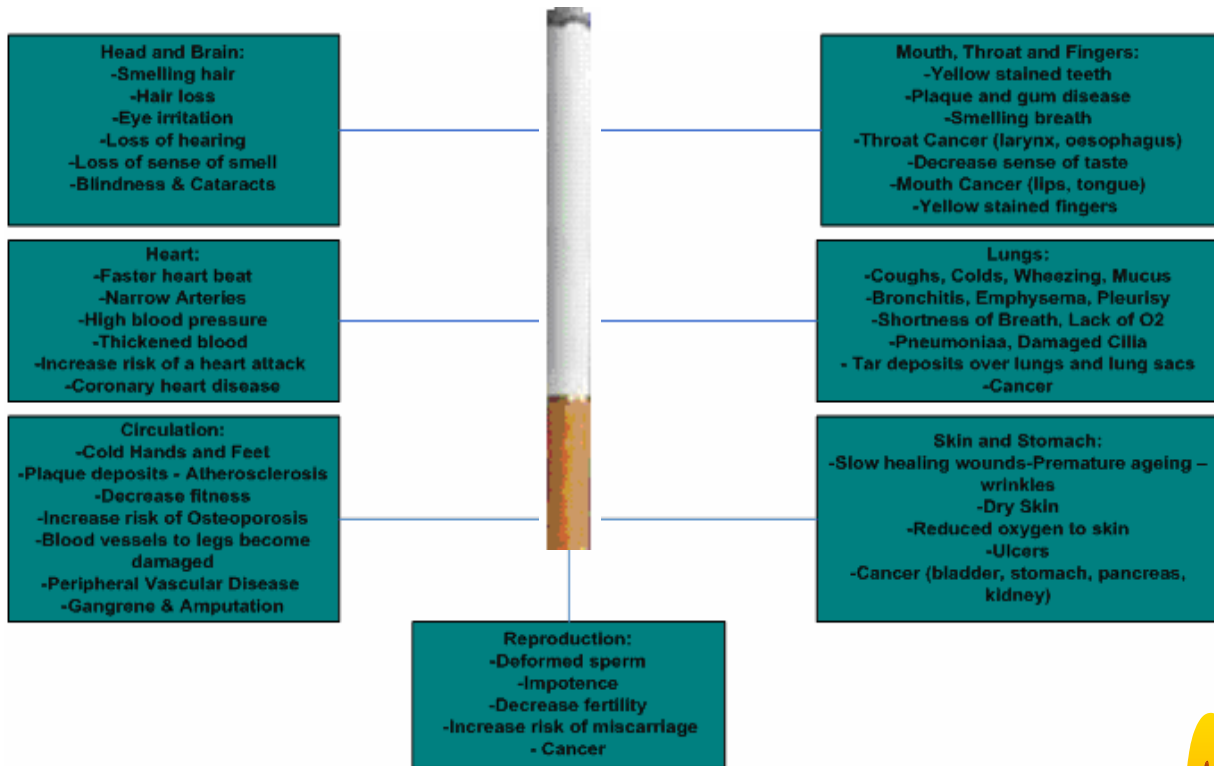


SMOKING IS A HABIT. That is, something that a person **CHOOSES** to do, that becomes apart of a routine or daily task. The more times that this **HABIT** is repeated, the increased amount of reliance the body has on this daily task.

Smoking kills more people in Australia than people killed by alcohol, other drugs, murder, suicide, road crashes, air crashes, poisoning, drowning, fires, lightning, electrocution, snakes, spiders and sharks.



Tobacco Smoke includes over 4000 chemical substances in just one cigarette. 43 of these chemical substances are already known to result in **CANCER**. The 3 deadly killers are:

NICOTINE
TAR
CARBON MONOXIDE

Smoking Prevention

Some of the most common reasons why people smoke are:

- **Emotions:** feeling stressed, upset, angry or frustrated
- **Pleasure:** to enjoy something even more or to reward yourself
- **Social pressure:** feeling part of the crowd
- **Habit:** feeling used to doing things while smoking
- **Addiction:** to satisfy the craving for nicotine

Knowing why and when you smoke helps to be prepared to combat cravings you may have with cigarettes.



THE PLAN FOR SUCCESSFUL QUITTING:

1. Set yourself a date
2. Choose your **OWN APPROACH** that will work best for you
3. Be aware that **Withdrawal symptoms** may develop and therefore be prepared
4. Confront the **Situations** that are the hardest to overcome (especially work breaks, social gatherings or boredom)
5. **Setbacks** may occur but that does not mean you can't continue the **QUIT** plan, just cope with the setbacks and move forward

WHEN YOU QUIT SMOKING . . .

Just REMEMBER THE FOUR D'S:

- **Delay** acting 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.

THE BENEFITS – WHAT YOU HAVE BEEN WAITING FOR!?!?!?

Much of the damage caused by smoking is reversible, and the sooner you quit, the more chance your body has to repair itself!

- After 12 hours = Nicotine decreases out of your system**
- After 24 hours = The level of Carbon Monoxide in your blood has dropped remarkably**
- After 24 hours = You now have more Oxygen in your system, supplying your blood cells and brain**
- After 5 days = Most nicotine and nicotine by-products have gone from your system**
- Within days = Your sense of taste and smell improves**
- After 1 month = Your blood pressure starts to return to normal and more air is passed through the lungs**
- After 2 month = The blood flow to your hands and feet improves**
- After 12 months = your increased risk of dying from heart**