

## How will your health improve if you quit smoking?

After 12 hours almost all the nicotine is out of your system.

After 24 hours the level of carbon monoxide in your blood has dropped dramatically. This means more oxygen in your blood stream.

After 5 days most nicotine by-products have gone.

Within days your sense of taste and smell will improve.

Within a month your blood pressure returns to its normal level and your immune system begins to show signs of recovery.

Within 2 months your lungs will no longer be producing extra phlegm.

After 12 months your increased risk of dying from heart disease is half that of someone who continues to smoke.

Stopping smoking reduces the incidence and progression of lung disease including chronic bronchitis and emphysema.

After 10 years of not smoking your risk of lung cancer is less than half that of a continuing smoker.

After 15 years your risk of heart attack and stroke is almost the same as a person who has never smoked.



### New England Division of General Practice (NEDGP) is working towards

- Maintaining and improving standards of General Practice
- Bringing General Practitioners closer to the community
- Identifying the health care needs of the community within its boundaries and facilitating programs and services to meet those needs
- Providing educational and practical support for the optimal delivery of primary health care in the Division area
- Facilitating links between General Practitioners and other health care professionals throughout the Division
- Promoting research programs which focus on issues relating to rural General Practice

213 Rusden St, Armidale, 2350 NSW  
Send to : PO Box 1321, Armidale NSW  
Contact : 02 6771 1146 Fax: 6771 1170  
[www.nedgp.org.au](http://www.nedgp.org.au)



## Interested in Quitting Smoking?



### Patient Information





# Interested in quitting smoking?

## Why Quit?

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

About one-third of these deaths occur in middle age.

One in two life-time smokers will die from their addiction.

## Did you know cigarettes are full of poisons?

Tobacco contains over 4,000 chemicals including carbon monoxide (found in car exhaust fumes), ammonia (found in floor cleaners) and arsenic (found in rat poison).

At least 69 of the chemicals in tobacco are known to cause cancer. This is in direct smoke or smoke inhaled from a smoker (passive smoke).

## Did you know that smoking causes diseases?

Smoking harms almost every organ of your body, but because it happens gradually you probably won't notice until it's too late.

Emphysema results when the alveoli, the tiny air sacs, and the narrow passages leading to them become enlarged. These sacs are responsible for taking oxygen to the bloodstream and drawing out carbon dioxide waste. But when the lungs' airways become constricted or damaged, the lung tissues lose their elasticity and become damaged and breathing becomes difficult. This is because the damage prevents the lungs from

supplying the blood with enough oxygen.

Most lung cancers are caused by smoking.

Heart disease and strokes are also more common amongst smokers. One in three deaths from heart disease in people under 65 is caused by smoking.

Peripheral vascular is a narrowing of the lumen of arteries in the legs, causing a reduction in circulation. It is well established that smoking makes peripheral vascular disease much worse.

Smoking can contribute to disabilities such as blindness, hip fractures and stomach ulcers.

## Confidence, fitness and appearance?

Smoking suppresses your immune system making you more likely to catch illnesses and suffer more severe symptoms.

Even young people who smoke have more coughs, mucus, wheezing and chest infections.

Smoking makes it harder to get oxygen to muscles when you exercise.

Wrinkles appear earlier around your eyes and mouth making you appear older than you are. Smoking stains your teeth and fingers. The smell lingers on your clothes and hair.

## Did you know that smoking makes it more difficult to start a family?

Men who smoke are more likely to have problems getting or maintaining an erection due to effects on the blood vessels. Smoking may affect sperm quality.

Women who smoke are likely to miss periods and have more painful periods.

Women who smoke are more likely to miscarry and may take longer to conceive.

## Did you know that smoking affects babies and children?

Babies born to mother who smoke through pregnancy are more likely to be premature or stillborn.

Babies exposed to tobacco smoke are more likely to die from SIDS (Sudden Infant Death Syndrome)

Children of parents who smoke are more likely to get pneumonia, bronchitis, asthma and middle ear infections. They are more likely to become smokers themselves.

