

Good health news about quitting

- 8 hours** excess carbon monoxide is out of your blood
- 5 days** most nicotine is out of your body
- 1 week** your senses of taste and smell get better
- 4 weeks** your blood flow is improving
- 3 months** your lungs are working better
- 12 months** your risk of heart disease has halved
- 5 years** your risk of stroke is greatly reduced



More good things about quitting

- Save money
- Be a good role model for kids and community
- Live longer
- Be there to pass on culture and knowledge
- Make the family proud
- Feel fitter and healthier
- Have more energy
- Know you're keeping your kids safe and healthy



If you're thinking about **quitting or cutting down** on smokes there are a lot of people who could help you with this

- Doctor or GP
- Nurse
- Chemist
- AMS Health Worker
- Tobacco Cessation Worker
- Other people who have quit
- Family and friends
- Quitline counsellor

Quitline is a confidential 24/7 telephone service. This means you can call Quitline anytime and choose to speak to a professional counsellor.

Local Contact:



Quitline 13 7848



Government of Western Australia
Drug and Alcohol Office

This Australian Government Department of Health and Ageing

© Drug and Alcohol Office 2012

Funded by the Australian Government
Department of Health and Ageing

Illustrations: Patrick Bayly
DAO 0023 11/2011



Have you thought about quitting the smokes?

Reducing or quitting the smokes

Giving up the smokes can be hard for some people. This is because the nicotine in smokes is an addictive substance, and your smoking may be a strong habit.



There are a lot of reasons why people smoke. Maybe you smoke to help you cope, help you relax, get an energy lift, or to be part of the group, and you may wonder how you would manage things without a smoke.



Withdrawal

When you quit smoking you may have some withdrawal symptoms as your body begins to repair and return to normal

- Coughing
- Cravings
- Irritable and mood swings
- Difficulty concentrating
- Tingles in hands and feet
- Restless
- Anxious for no reason
- Upset sleep
- Upset stomach
- Headaches
- Feeling hungry



These symptoms will disappear. It may take 10–30 days.

Managing cravings

Cravings only last a few minutes, and get less over time. When you have a craving remember it will pass.

The 4 Deadly Ds

The 4 Ds can be a useful way of managing that craving

- Delay
- Deep breathe
- Drink water
- Do something else



Quitting methods

Going cold turkey

This means giving up the smokes suddenly. This works for many people, and you can still get support or use quitting medications to help you get through.

Gradual approach

This means you cut down the number of smokes you have each day, until you no longer smoke. Or you may delay the time you have your first cigarette, making it later and later, until you no longer smoke. If you take this approach it helps to aim to be smoke free within two weeks.

Quit medications

Medications are available which can reduce withdrawal symptoms. These are nicotine replacement products and some prescription medications. Ask your doctor or health care worker if these would be OK for you.



Quitting tips

- Make a plan and stick to it
- See if anyone else in the family wants to quit with you
- Find people who can support you
- Change old habits
- Ask other people who quit how they did it
- Join a group – it can make things easier
- Know what triggers you to smoke
- Keep a track of how much money you are saving
- Find other things to do with your hands
- Remember it can take several attempts to stay quit
- Don't be hard on yourself if you have a slip up – it's a chance to learn to do things differently
- Phone a friend or call Quitline **13 78 48**

