

## 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

## If you're thinking about quitting or cutting down on smokes you can call Quitline anytime

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



Quitline counsellors are trained to support people who are cutting down or quitting smoking. Quitline counsellors understand that quitting smoking can be tough, and they will not judge you. They know it can take a few attempts to find the way to quit. Quitline will keep working with you to find the way to quit that works for you.



## There are lots of people who could help you to quit for good

- Doctor or GP
- Nurse
- Chemist
- AMS Health Worker
- Tackling Smoking Worker
- Other people who have quit
- Family and friends
- Quitline counsellor **137848**

### Local Contact:



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**Artist:** Barry McGuire (Mullark) born in Kelleberrin, which is located in the Balladong Nungar Boodja.

The Aboriginal Inner Spirit Model (Ngarlu Assessment Model) was developed by Joseph 'Nipper' Roe, who belonged to the Karajarri and Yawuru people.



Government of Western Australia  
Drug and Alcohol Office

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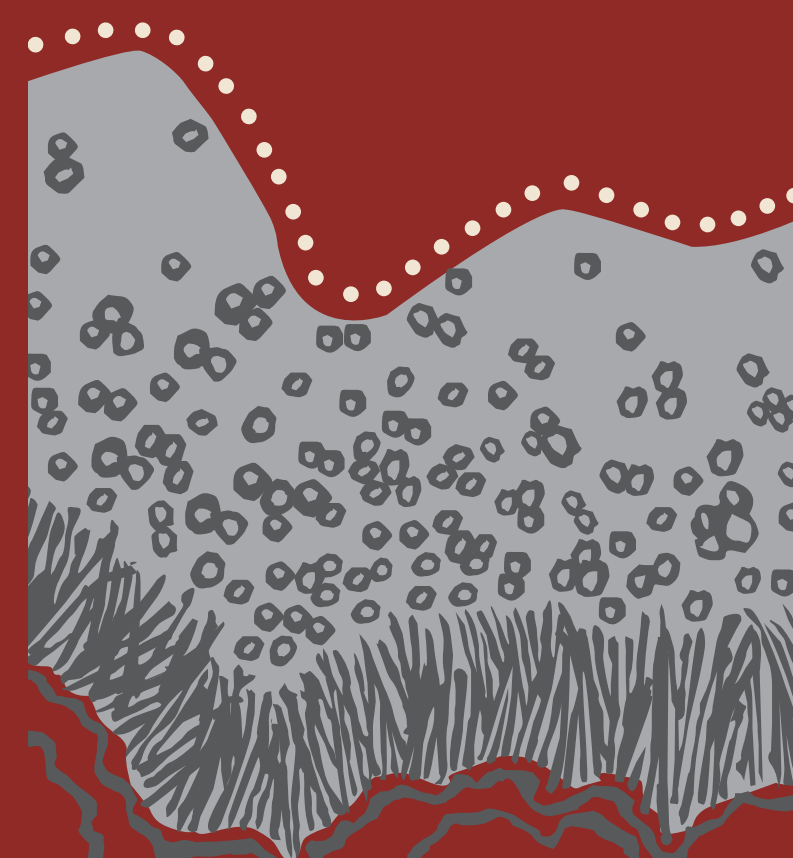
Illustrations: Patrick Bayly  
DAO 0024



*Strong Spirit Strong Mind*

Aboriginal Ways of Reducing Harm  
From Alcohol and Other Drugs

## What our people need to know about smoking tobacco



## ABORIGINAL INNER SPIRIT MODEL



Our Inner Spirit is the centre of our being and emotions. When our spirit feels strong our mind feels strong.

When our spirit feels tangled our mind feels tangled. Strong Inner Spirit keeps people healthy and keeps them together. Strong Inner Spirit keeps our family strong, our community strong and our country alive.

Alcohol and other drugs can tangle your spirit and weaken your spirit, and your connections with family, community and country.

## Tobacco Story

Before Whiteman came some of our people used native tobacco. Big trade routes stretched around the whole country. But the right to use this tobacco was strictly controlled by Elders.

When Whiteman came they introduced smoking tobacco. They gave tobacco to Aboriginal people in exchange for cultural knowledge, goods and work. Our people were given tobacco for rations and payment, and many became dependent or addicted.

Today smoking tobacco is a big problem for our people. Around 50% of them smoke, and smoking causes 1 in 5 of all Aboriginal deaths. Exposure to smoke can be very harmful and many of our children grow up in homes where people are smoking indoors.



### What's in a cigarette

There are over 1000 chemicals in a cigarette.

**Hexamine**  
Barbecue Lighter

**Butane**  
Lighter fluid

**Acetic acid**  
Vinegar

**Methane**  
Sewer gas

**Arsenic**  
Poison

**Cadmium**  
Batteries

**Stearic acid**  
Candle wax



**Toluene**  
Industrial solvent

**Nicotine**  
Insecticide

**Ammonia**  
Toilet cleaner

**Carbon monoxide**

**Methanol**  
Rocket fuel

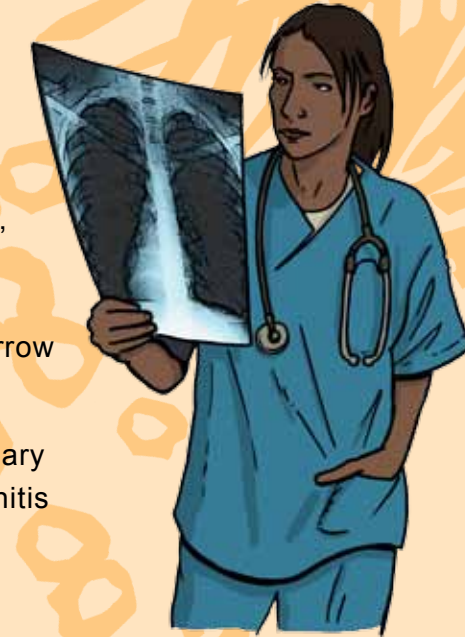
**Paint**

And many, many others

Smoking is the biggest single risk factor contributing to illness for our people

**Smoking can cause a range of disease and health conditions:**

- Cancers – lung, throat, mouth, tongue, nose, sinus, oesophagus, pancreas, stomach, kidney, bladder, ureter, cervix and bone marrow
- Heart disease
- Chronic obstructive pulmonary disease (COPD) like bronchitis and emphysema
- Stroke
- Peripheral vascular disease
- Abdominal aortic aneurysm
- Peptic ulcer
- Eye disease
- Low fertility (women)
- Low bone density
- Gum disease
- Respiratory disease – shortness of breath, wheezing, coughing, and worsens asthma
- Complications during and after surgery



**Smoking increases risk of:**

- Liver and bowel cancer
- Crohn's disease (chronic bowel disease)
- Dementia
- Type II diabetes
- Erectile dysfunction
- Complications with pregnancy
- Increased chance of catching viral and bacterial infections
- Autoimmune disease
- Premature wrinkles

