



Smoking



What is smoking?

Smoking in simple terms is the action or habit of inhaling and exhaling the smoke of tobacco or a drug.

What are the effects of smoking ?

- Makes your blood vessels prone to cholesterol and other fatty material to build up, leading to heart disease such as a stroke.
- Smoking may cause eyesight problems, which may cause blindness which is irreversible.
- It makes you short of breath, it makes you cough, it gives you chronic bronchitis and repeated chest infections, it worsens your asthma and it can give you lung cancer.
- Smoking greatly increases the risk of gum disease, leading to tooth loss.
- Don't stop trying to quit – Quitting may take several attempts.

How can I quit smoking?

- ✓ Plan to quit with the help of a health worker
- ✓ Don't try to give up before stressful events
- ✓ Get family or friends to support you by having a yarn when you feel like giving up quitting
- ✓ Plan for upcoming events, like a party or gathering. Others will be smoking there and it will be hard not to smoke
- ✓ For help try nicotine replacement therapy (NRT), these products can double your chance of quitting if used correctly or groups call the NSW Aboriginal Quitline 137 848 (cost of a local call).

More than one in three Aboriginal adults smoke tobacco which is a leading cause of early death and poor health during life.



Smoking

What about smoking in Pregnancy?

By quitting smoking before or during pregnancy you are:

- More likely to get pregnant naturally and without delay
- Less likely to suffer a miscarriage or ectopic pregnancy
- Less likely to deliver your baby prematurely
- Get advice from a health worker if you're still smoking while pregnant

By quitting smoking before or during pregnancy your baby is:

- Less likely to die at or shortly after birth from Sudden Infant Death Syndrome (SIDS)
- More likely to be born a healthy weight
- Likely to be more settled and feed better
- More likely to be discharged home from hospital with you and need less care in hospital

For more information

Contact your local Aboriginal Medical Service or Health worker. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

PDF's can be downloaded and printed from Chronic Care for Aboriginal People Program:
www.aci.health.nsw.gov.au/networks/ccap

Email: ACI-CCAP@health.nsw.gov.au

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What are the benefits of quitting smoking?

- ! Your blood pressure will become normal in only 20 minutes if you quit smoking right now.
- ! Your sense of smell will return to normal
- ! Your chances of having a heart attack will also reduce
- ! Your lung capacity will improve and breathing related problems.
- ! The risk of stroke due to your smoking habit will reduce
- ! The risk of lung cancer will reduce
- ! Once you quit you won't ever have to worry about where you can go to smoke, no worrying about others smelling the smoke on you or smokers breath.
- ! Think of what you could do with all the money you save by quitting, if you spend about \$100 a week you will have saved over \$5000 in a year
- ! The money saved by quitting could go towards a holiday, a new car or family outings.
- ! Above all, quitting smoking will give a big boost to your morale and feeling of achievement.

For more support:

- www.icanquit.com.au
- www.quitnow.com.au



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