

STAY A NON SMOKER

NON-SMOKERS keep up the good work!



The traditional smoking ceremony cleanses and protects the strength of the spirit. Tobacco smoking is not part of our culture and harms the body.

Congratulations on giving up smoking!

Use this booklet to help you stay a non-smoker.

Now that you have stopped smoking, your body will be feeling better and you will find it easier to breathe.

As a non-smoker you don't have to worry so much about heart disease, blood pressure and lung problems.



Your non-smoker checklist

- I'm a non-smoker now
- I'm proud that I have quit
- I'll find new ways to deal with stress
- I'll take the time to think before I reach for a smoke
- I'll talk to a health worker if I feel I'm putting on weight
- I'll talk to a health worker if I'm worried about starting smoking again

BE PROUD YOU'VE QUIT!

Staying a non-smoker is the best thing you can do for your health and you are setting a great example for the young people around you!

Slipping up

People who give up smoking try many times before they finally give up. If you slip up, don't feel you are weak, just learn from it and start again. You need to know your challenging times and avoid them for a short while, e.g. going to places where people will be smoking. Remember, it took you a long time to learn the habit of smoking, so it may take you a while to learn to be a non-smoker. If you are worried about starting smoking again, talk to a health worker, nurse or doctor. You can also call the Quitline for advice or support anytime on **13 7848 (13 QUIT)**.

Feeling down

Some smokers feel angry or sad when they stop smoking. This is because you are giving up a habit that you are used to. It can also be because the nicotine and other poisons are coming out of your body. You may also get headaches, feel dizzy and find it hard to sleep. This is all part of your body getting better. **Take each day one at a time.**

See a health worker, doctor or nurse if you are feeling really bad – there are often simple things that can be done to help you.

Social times

For a while after you've quit, you may need to move away from people who are smoking. Later on you may be able to stay near them, but avoid breathing in their smoke – as it may tempt you. If they offer you a smoke, you can say "No thanks, I'm OK".

Craving

You may feel a strong urge to smoke at certain times such as when you have coffee, alcohol or after a meal. Craving is also due to nicotine leaving your body. It can help if you cut down on coffee and stay off alcohol until you get used to not having a smoke.



Benefits of quitting smoking

The best thing a smoker can do for their health is to quit smoking. Quitting benefits everyone no matter how old you are or how long you've been smoking. People who already have smoking-related health problems, like heart disease, can still benefit from quitting. People who quit smoking after having a heart attack reduce their chances of having another heart attack by half.

If you do feel tempted to have a cigarette, or even 'just a puff' remember why you quit and the great benefits for your health if you stay a non-smoker.

Once you've quit your body can make an amazing recovery from smoking.

Benefits for all ages

If you quit before age 35, then you can expect to live as long as someone who has never smoked.

If you quit before age 50, then your risk of dying in the next 15 years is reduced by half when compared to people who continue to smoke.

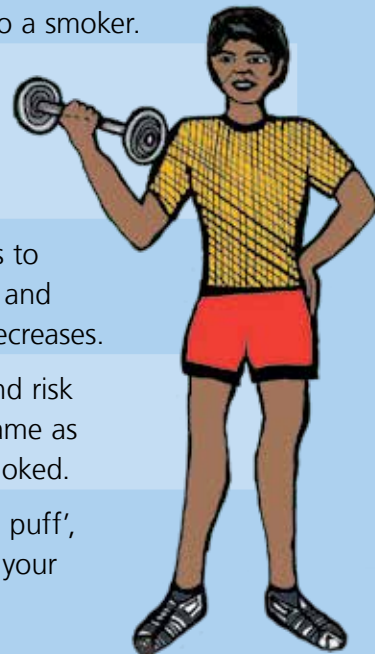
Best of all – quitting at any age doesn't just increase your years of life – it also improves quality of life (less sickness). This is good for our families and our communities. Elders will live longer and will be around to pass on their knowledge to younger generations.



Time since quitting

Improvements to your health

Within 20 minutes	Your body begins the recovery process. Your heart rate drops.
4 hours	The nicotine in your blood is halved.
12 hours	The carbon monoxide in your expired air and the oxygen increases.
1–2 days	Nicotine by-products are removed from your blood.
2–3 days	Taste buds recover, and your ability to taste and smell improves.
2–12 weeks	Your heart attack risk begins to drop. Circulation improves. Exercise is easier. Lung function improves.
Within 3 months	Coughing, nasal congestion and shortness of breath decrease.
1 year	Your added risk of heart disease is reduced by half compared to a smoker.
5 years	Your risk of cancer of the mouth and throat is halved and your risk of stroke is dramatically reduced.
10 years	Your risk of lung cancer falls to about half that of a smoker and your risk of other cancers decreases.
15 years	Your risk of heart disease and risk of death fall to about the same as someone who has never smoked.



If you feel tempted to have a smoke or even 'just a puff', remember why you quit and the great benefits for your health if you stay a non-smoker.

Sexuality and pregnancy

By quitting you will reduce your chances of:

- impotence
- having difficulty getting pregnant
- having miscarriage, premature births, sickly and low birth weight babies.

Cancer and heart disease

By quitting smoking you will reduce your chance of having:

- cancer of the lungs, throat, mouth, lips, gums, kidneys and bladder
- heart disease and hardening of the arteries
- stroke
- emphysema and other lung diseases.

Not good for our older people

Glue ear (ear infections)



More hospital visits



Children copy parents



Asthma



Sickly baby



Children's health

If you have children, your quitting can lower their risk of:

- Sudden Infant Death Syndrome (SIDS)
- ear infections
- allergies
- asthma
- bronchitis and other lung problems
- being smokers themselves.

Appearance, vision and ageing

As a non-smoker, you are also less likely to:

- have cataracts on your eyes
- have weak bones that break easily (osteoporosis)
- get wrinkles and look older faster
- have yellow teeth and bad breath.



What are other benefits of quitting?

You're back in control

Cigarettes will no longer control your life.

You're a great role model in the community

You will be setting a great example for kids and other smokers.

Your food tastes better

Your sense of taste and smell will be better.

You have more money

By not buying tobacco, lighters, matches etc you will save lots of money. If you currently spend \$100 a week on cigarettes you will save over **\$5000** a year!

You'll have more energy to do things

You will have more energy to do things and exercising will be easier.



You'll feel proud of yourself

Many smokers remember the exact day they quit because it is such an achievement!

You don't feel guilty about smoking any more

No more feelings of guilt or nagging from people to quit.

There's clean air for everyone

Because you've quit smoking, others around you will benefit from less exposure to environmental tobacco smoke.

You're no longer an outsider

You won't have to go outside to smoke.

Remember, if you want to stay a non-smoker, try to avoid having even 'just one puff' – because that can send you back to being a smoker. A health worker can provide you with information about quitting smoking. You can also see your doctor, nurse or call the Quitline anytime for information and support on **13 7848 (13 QUIT)** for the cost of a local call.



Reward yourself

Reward yourself every few days you go without smoking. Do something for yourself or your family with the money saved.



Coping with stress

When you feel angry or stressed, instead of having a smoke, think of the reasons you quit in the first place and other ways to cope:

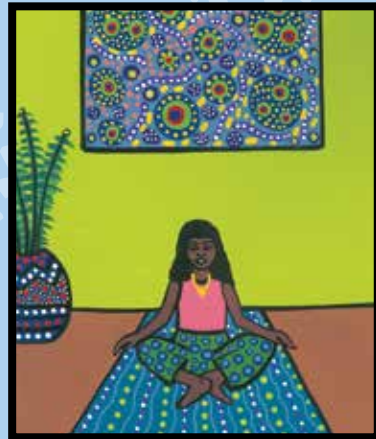
- deep breathe
- do something else
- drink water.

Putting on weight

Sometimes when people give up smoking they gain a little weight. Because your body is free of nicotine, your appetite may increase. If you do put on a bit of weight, don't worry about it for now.

You can keep your weight at a healthy level by keeping active and eating healthy food including plenty of vegetables, or get advice and support from the Get Healthy Service on 1300 806 258 or visit the website at www.gethealthynsw.com.au/

It offers coaching and materials that are specific to Aboriginal communities.



Nicotine patches, gum and inhalers

If you are using nicotine patches, gum, lozenges, mouth spray or inhalers, check with the clinic a few days after quitting to make sure that they are working all right. You can ring the **Quitline on 13 7848 (13 QUIT)** for advice about this too. If you are using Champix or Zyban, keep in regular contact with your doctor.

Think of yourself as a non-smoker from the moment that you quit. Once you get to 3 months as a non-smoker you are unlikely to go back to smoking. It is true that many ex smokers experience 'cravings' for years after they stop smoking.

If you do feel you might be tempted to have a cigarette, remind yourself of all the reasons you quit and maintain your determination to be a non-smoker.

Now that you have stopped smoking, you will feel better and find it easier to breathe. Exercise may seem easier than when you were smoking.



Who to contact in your community:



Your local contact person is: