

Tackling Indigenous Smoking



Thinking of quitting?
For advice and support
Contact Winda-Mara on
03 5527 0000

Brian A Smith

My Quit Journey

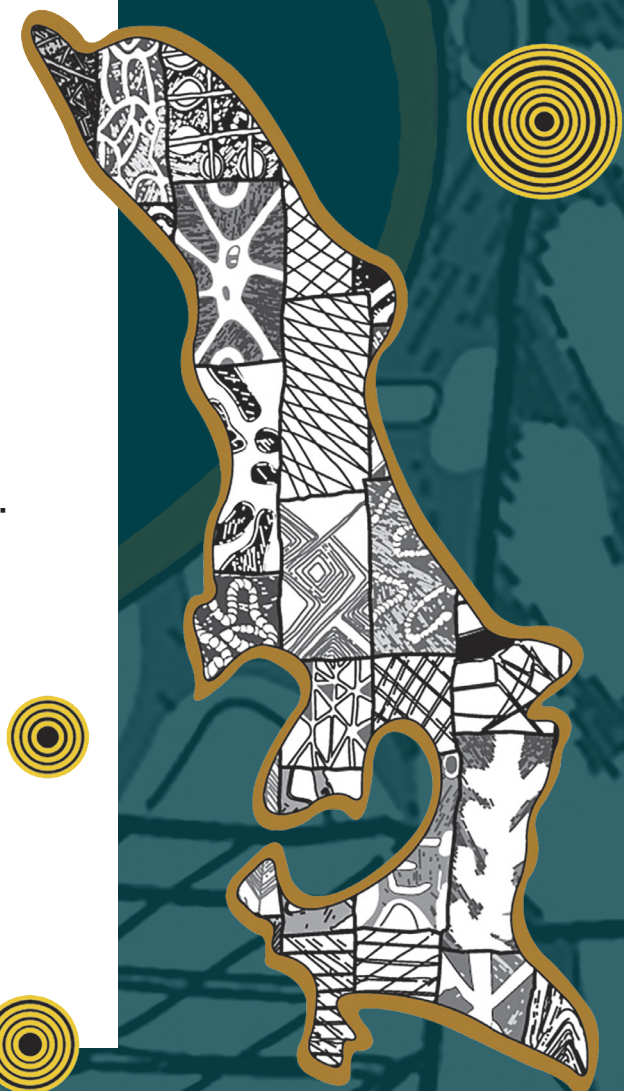
Cigarettes & Asthma Don't Mix!

This is my story of how I started smoking back in the 60's.....My brother handed me my first cigarette. I should've said no, but how young & naïve I was. I thought smoking could make me look cool & tough.

I was young & growing up, playing sports, riding a bike uphill, pushing the hand mower around the yard left me breathless. I had a medical check-up in my mid 20's & was told by my doctor that I had asthma & I will probably have it for the rest of my life. Now I know why I was gasping for air when I pushed myself at sports. On & off for over 40 years I smoked, up to 30 or more a day depending on my mood or how many pots I had. Over 4 years ago I decided to kick the habit, it took me 2 years on & off trying. Then in 2015 I quit smoking once & for all, with the help of Winda-Mara's medical team & my will power working together, plus an asthma attack.....I was ready... I had smoked my last cigarette.

It came down to...do I want to live or do I die a slow death.....I chose to live!
Since giving up I have been able to buy a car, go for short walks without huffing & puffing and hopefully live for another 30 years.

Brian A Smith



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