



Your body's journey to repair

- 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 improve
- 4 weeks** Your blood flow is improving
- 3 months** Your lungs are working better
- 1 year** Your risk of heart disease has halved
- 5 years** Your risk of stroke has greatly reduced

Solid reasons to quit:

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

Quitline 13 7848

or text 0477 765 007 for a callback

The following people can also offer quit support:

- Doctor or GP
- Nurse
- Pharmacist
- Aboriginal Health Practitioner / Worker
- Tackling Indigenous Smoking Educator
- Family and friends



AHCWA

In association with
Aboriginal Health Council
of Western Australia



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Department of Health

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Quitline
Aboriginal
Liaison Team

Thinking about quitting the smokes?



Thinking about quitting?

We understand giving up the smokes can be hard for some people. Nicotine in smokes is a highly addictive substance, and can make your quit journey harder depending on your smoking habit. Quitline can help.

Here are a few reasons why people may smoke:

- Stress
- Coping mechanism
- Peer pressure
- Habit
- Weight loss
- Social inclusion



Withdrawals

When you decide to quit smoking you may have some of these symptoms:

- Mood swings (irritable)
- Cravings
- Feeling hungry
- Headaches
- Cough

Just remember these symptoms may become less over time as your body begins to repair.



The 4 Deadly Ds

The 4 Ds can be useful to manage cravings:

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



Quitting methods

Going cold turkey

- Giving up the smokes suddenly
- No prescribed medication
- Use of other distractions

Gradual approach

- This means you cut down the number of smokes you have each day, until you no longer smoke



Quitline - 13 78 48

- Self referral or GP referral
- Aboriginal counsellors available
- Confidential
- Non-Aboriginal Quitline counsellors are trained to practice in a culturally safe and sensitive way

Quit medications

- Medications are available which can reduce withdrawal symptoms
- These are Nicotine Replacement Therapy (NRT) products and some prescription medications
- Discuss with your GP or Aboriginal Health Practitioner / Worker if these would be OK for you

