

THE
FACTS

Health effects of smoking

 butt out
boondah



Smoking harms **almost every part of the body**. Within 10 seconds of your first puff, the toxic chemicals in tobacco smoke reach **your brain, heart and other organs**.

Smoking increases your risk of many diseases, it also **reduces your life expectancy and overall quality of life**. On average, **smokers live 10 years less than non-smokers**, especially amongst Aboriginal and Torres Strait Islander peoples.

Smoking can cause or worsen the following conditions:

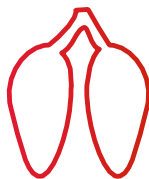
- ▶ Heart attack
- ▶ Stroke
- ▶ Cancer
- ▶ Emphysema and/or chronic bronchitis
- ▶ Asthma
- ▶ Ulcers
- ▶ Premature aging
- ▶ Impotence
- ▶ Miscarriage
- ▶ Chronic obstructive pulmonary disease
- ▶ Type 2 diabetes
- ▶ Hearing loss
- ▶ Vision loss
- ▶ Osteoporosis
- ▶ Early menopause



Your
Brain



Your
Heart



Your
Lungs

There is no safe level of smoking. Butt out your boondah, you'll feel the health benefits almost immediately.

Did you know?

- ▶ Smoking is known to cause at least **16 different types of cancer** and is responsible for about **85% of lung cancers**
- ▶ Smokers are more likely to develop **Chronic Obstructive Pulmonary Disease (COPD)** in their lifetime
- ▶ Around **30% of all cases of heart disease** in those under 65 years **are due to smoking**
- ▶ Smokers under 65 years are around **three times more likely to have a stroke** than non-smokers of the same age

Facts sourced from Australian Government, Department of Health.

Effects on those around you

As a smoker, you can affect the health of people around you through exposure to **second-hand and third-hand smoke**.

As people breathe in the smoke from your cigarette, they're **breathing in the same toxic and cancer-causing chemicals that you are**.

Financial effects

If you smoke **a pack of cigarettes a day**, you could be spending more than **\$10,000 a year on cigarettes**. This means you will have more money to spend on yourself or your family.

Keen to butt out your boondah? Contact us to learn more about our support programs:

Email: tis@gph.org.au | **Call:** [02] 6298 2900

Website: <https://bit.ly/ButtOutBoondah> | **Facebook:** <https://www.facebook.com/GPHTIS>