



**Not ready
to give up**



Working together
to help beat cancer



Cancer
Council
NSW

Tackling
Tobacco

This booklet is written for people who smoke and are not ready to give up.

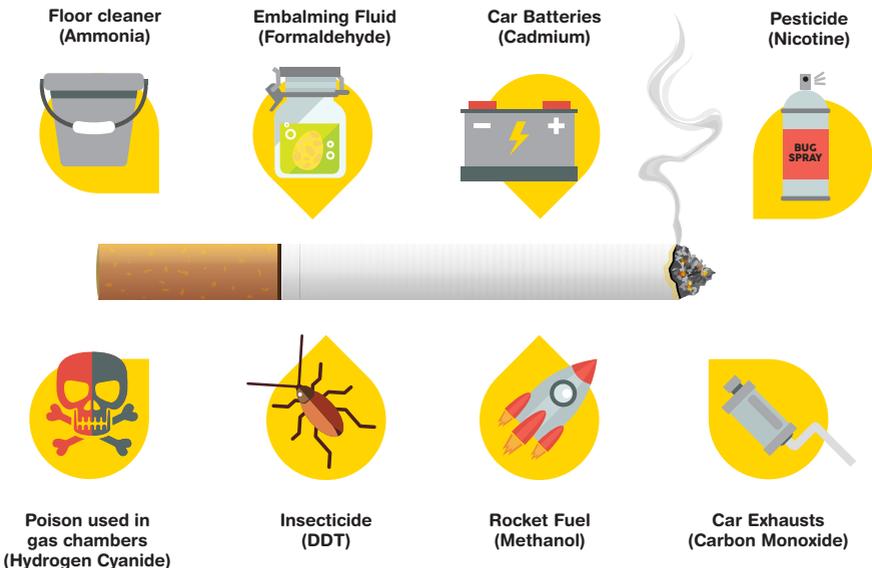
Most people know that smoking is bad for their health, but many continue smoking. They feel they have a right to smoke if they want to. You may not be ready to give up smoking yet, but you should know about the risks of smoking so you can make an informed choice.

There are some important things to consider if you do continue to smoke.

Second-hand smoke

You may not have thought about it, but second-hand smoke produced when you smoke has an affect on those around you.

The smoke that comes from your cigarette and when you exhale contains thousands of chemicals. Many of these are toxic and over 50 have been shown to cause cancer.



What are the benefits of quitting?

Although you may not be thinking about quitting, you might be interested in some of the benefits that giving up smoking can bring:

- ▶ Better health – you will reduce your chances of having cancer, heart disease and other chronic illnesses.
- ▶ Better mental health – while smoking might make you feel better in the short term, those who stop smoking generally report being less stressed and anxious overall.
- ▶ Saving money – you will save money by not having to buy tobacco; nearly \$10,000 a year for a pack-a-day smoker.
- ▶ Your senses of taste and smell will improve.
- ▶ You will enjoy your food more.
- ▶ You will have more energy to do the things you enjoy.
- ▶ Exercising will be easier.
- ▶ Cigarettes will no longer control your life.
- ▶ You won't need to go outside to smoke all the time.
- ▶ You will be setting a great example for children and other smokers.



Here are some ways to minimise harm to other people:

■ Smoke outside

When other people breathe in the smoke from your cigarette, it harms their health.

■ Never smoke around babies, children or older people

Babies, children and older people who are exposed to second-hand smoke are more likely to have inflammation of the airways, and are more susceptible to allergies and lung infections.

■ Smoke-free house

Make your house a smoke-free area by:

- not smoking inside your house
- removing ashtrays and lighters from indoor areas
- displaying 'no smoking' stickers on the fridge and at the front door
- asking smokers to smoke outside when they visit.

■ Smoke-free car

Make your car a smoke-free area by:

- cleaning out the ashtray and removing the cigarette lighter
- displaying 'no smoking' stickers on the dashboard or ashtray.

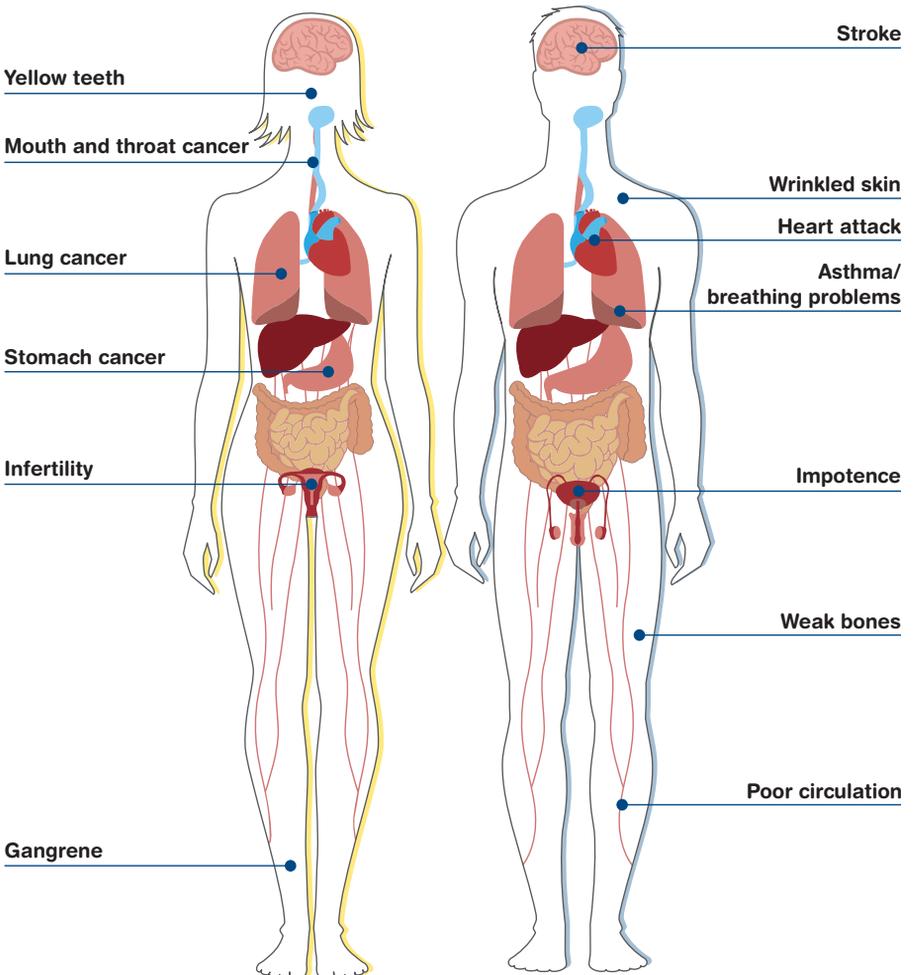
■ Support your family and friends if they are trying to give up smoking

■ Don't smoke when you are pregnant

Avoid smoking around women who are pregnant and do not smoke if you are pregnant yourself.

Smoking is the hidden killer

Many studies have shown that smoking is bad for our health. This diagram shows some of the ways smoking can affect our bodies.



For more information, see your health worker, nurse, doctor or caseworker about quitting. The Quitline can help you with information, and you can ring them on 13 7848 (13 QUIT) for the cost of a local call.

Remember

- ▶ Your smoke can harm the people around you. Make your car and home smoke-free to protect others and don't smoke around babies, children, pregnant women and older people.
- ▶ Smoking kills and is bad for your health.
- ▶ You can save nearly \$10,000 a year by quitting if you are a pack-a-day smoker.

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