

**Booklet 1**

# Not ready to quit



Aboriginal Respect Symbol. Designed by  
Marcus Lee Design for Cancer Council NSW.



**Cancer Council**  
Tackling Tobacco

# This booklet is written for people who smoke and are not ready to quit.

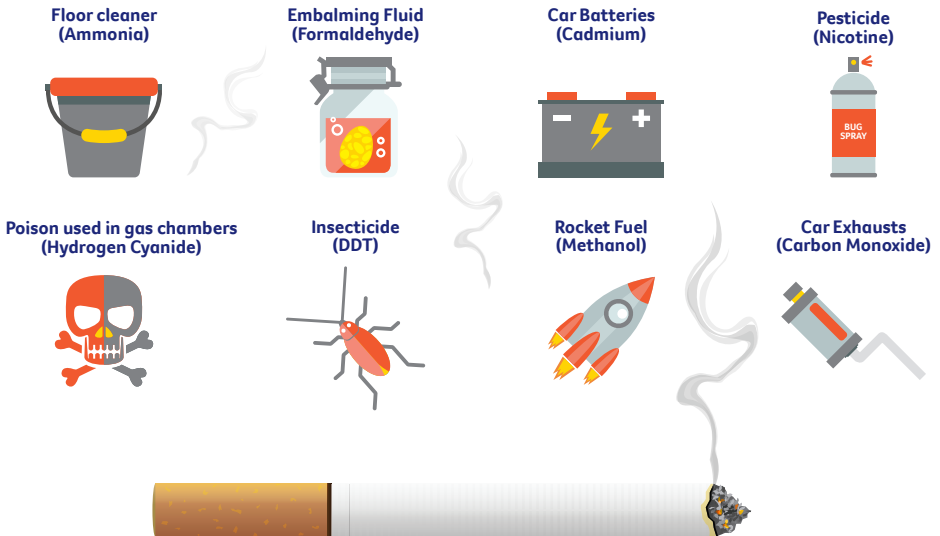
Most people know that smoking is bad for their health, but many continue smoking. You may not be ready to quit smoking yet, but you should know about the risks of smoking so you can make an informed choice.

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 effect 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.



# Here are some ways to reduce second-hand smoke exposure 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 people who smoke 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.

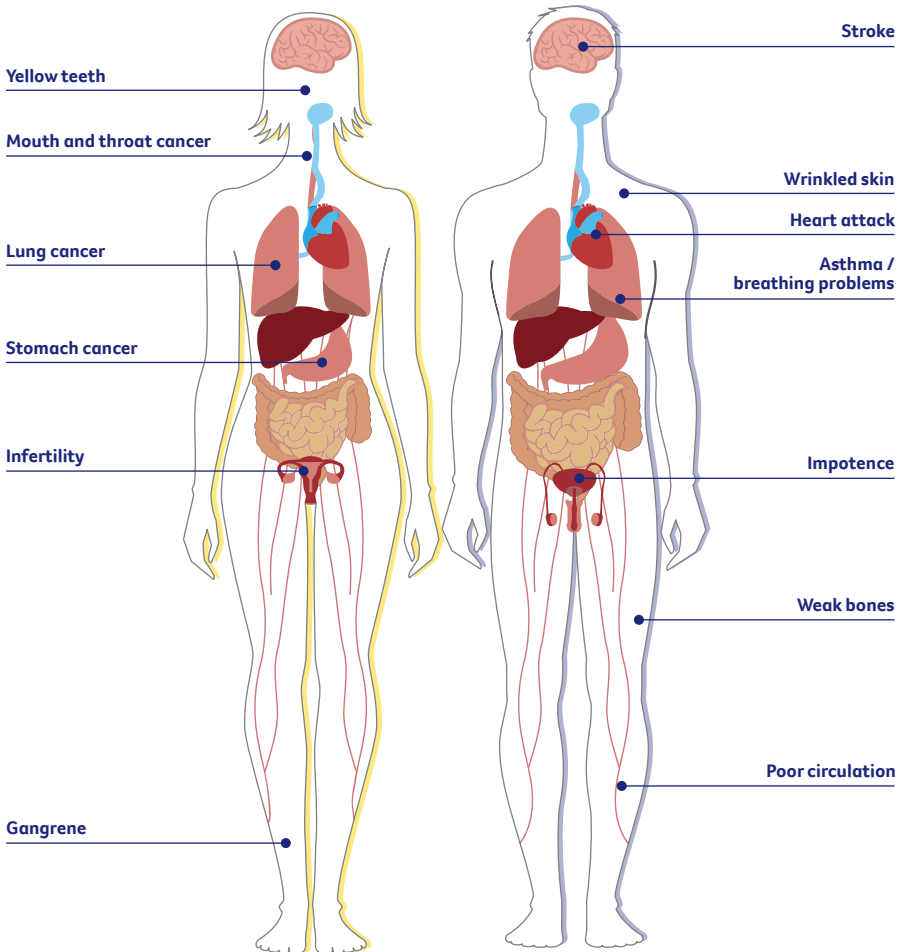
## Support your family and friends if they are trying to give up smoking

## Don't smoke when you are pregnant

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

# The health effects of smoking on your body.

Many studies have shown that smoking is bad for our health and that there is no safe level of smoking. This diagram shows some of the ways smoking can affect our bodies.



# What are the benefits of quitting?

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



**Better physical health.** You will reduce your risk of cancer, heart disease, and other chronic diseases.



**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.



**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 people who smoke.

For more information, see your health worker, nurse, doctor or support worker about quitting. Quitline can help you by providing free information and support.

You can call them on **13 7848 (13 QUIT)** for the cost of a local call with higher costs from mobile phones.

## 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.

## Acknowledgements

Cancer Council NSW would like to thank staff from NSW Health for their assistance in producing this booklet.

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**We're here for all Australians affected by cancer.  
Call 13 11 20 for information and support.**

