



 **uit**®



because you can

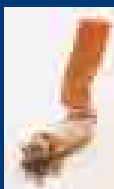
Yes, you can quit smoking.

OVER THE YEARS we've learned a lot about how to quit smoking from the people who know – the thousands of Australians who have stopped smoking for good. What we have learned is all here in your *Quit because you can* book.

It's got the facts that show quitting is the right choice. And it's got plenty of ideas about how you can quit.

Make the book work for you. Write in it. Underline the parts that really mean something to you. Flick to the Checklist pages to jog your memory on important points.

Like all good things, it's going to take some time and effort for you to quit smoking, but thousands of smokers in Australia have already stopped. *You* can too.



FACT 1: QUITTING SMOKING AT ANY AGE will result in major and immediate health benefits. This applies to people with and without diseases caused by smoking.¹

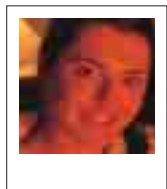


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Do you know why you want to stop smoking? People who have quit say it's important to be clear about your reasons. Here are some of the best reasons we know.

Smoking kills

Every year, about 19,000 Australians die from diseases caused by smoking.² One in two lifetime smokers will die from their habit. Half of these deaths will occur in middle age.³

Cigarettes are full of poisons

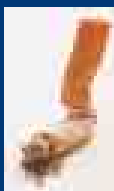
Tobacco smoke contains over 4,000 chemicals.⁴ As well as tar and nicotine, there is also the gas carbon monoxide (found in car exhaust fumes), ammonia (found in floor cleaner) and arsenic (found in rat poison).⁵ At least 43 of the chemicals in tobacco smoke are known to cause

cancers of the lung, throat, mouth, bladder and kidneys.^{3,4} Tobacco smoke also contributes to a number of other cancers.

Nicotine is the addictive drug in tobacco.⁶ The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, straining your heart and blood vessels.⁷ This can cause heart attacks and stroke. It slows your blood flow, cutting off oxygen to your feet and hands.⁷ Some smokers end up having their limbs amputated.

Tar coats your lungs like soot in a chimney and causes cancer. A 20-a-day smoker breathes in up to a full cup (210 g) of tar in a year.⁹ Changing to low-tar cigarettes doesn't help because smokers usually take deeper puffs and hold the smoke in for longer, dragging the tar deeper into their lungs.¹⁰

Carbon monoxide robs your muscles, brain and body tissue of oxygen, making your whole body – especially your heart – work harder.¹⁰ Over time, your airways swell up and let less air into your lungs.¹¹



FACT 2: TWO HOURS AFTER stopping, all nicotine is out of your system. In about two days, all the nicotine by-products have gone.⁸

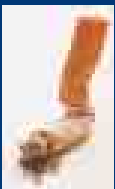
**“My kids kept on at me
about my ‘yukky’ breath
and ‘stinky’ clothes.
And it was really
getting me down.”**

JIM, 40 YEARS.





“When I’m out having a drink with friends – that’s the hardest – but then I feel great that I can control that situation and not have a cigarette.”



FACT 3: WITHIN A FEW HOURS of quitting, the carbon monoxide is out of your system.⁸ After a few months, your lungs work better with less effort and you can do more before you run out of breath.⁸

Smoking causes disease

Smoking is a slow way to die. The strain put on your body by smoking often causes years of suffering.

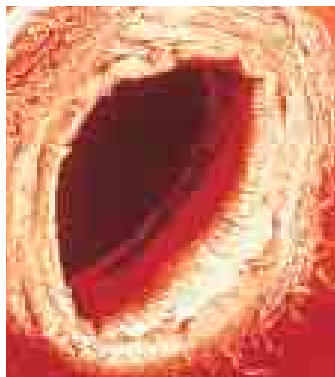
Emphysema is an illness that slowly rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure.¹²

Lung cancer is caused by the tar in tobacco smoke.¹⁰ Men who smoke are ten times more likely to die from lung cancer than non-smokers.¹³

Heart disease and strokes are also more common among smokers than non-smokers.⁷ Smoking causes fat deposits to narrow and block blood vessels which leads to heart attack.⁷ Smoking causes around one in five deaths from heart disease.² In younger people, three out of four deaths from heart disease are due to smoking.¹⁴

More good reasons to quit

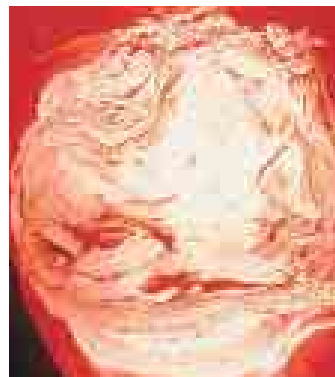
Confidence. Quitting smoking is a challenge. Once you have quit, you will know you can succeed at a difficult job and take control of your life. Quitting helps you believe in yourself and take on other challenges.



A cross section of a healthy blood vessel.



Fat deposits have reduced the space inside the blood vessel by three quarters.



The vessel is blocked by a clot.

Pictures courtesy Boehringer Ingelheim GmbH.

Fitness. Smoking makes it harder to exercise and reduces the benefits to your body.¹⁵ Smokers have more coughs and colds than non-smokers and take longer to feel well again.¹²

Money. In a way, giving up smoking is like getting a pay rise, as much as \$2500* a year if you smoke 25 cigarettes a day.

Your appearance. Skin starved of oxygen by smoking becomes dry and grey.¹⁶ Wrinkles around the eyes and mouth develop much earlier,^{17,18} and the tar stains your teeth and fingers.

Fertility and childbirth. Men who smoke may suffer impotence due to damage to the blood vessels in the penis.¹⁹ Sperm quality and density can also be affected by smoking. Smokers may produce less sperm and their sperm may have more abnormalities.⁴ Women who smoke take longer to conceive and are more likely to have a miscarriage.²⁰

Babies born to mothers who smoked in pregnancy are more likely to be premature, stillborn or die shortly after birth.²⁰ A baby exposed to tobacco smoke has a higher risk of dying from cot death.²⁰

Children whose parents smoke are more likely to get pneumonia and bronchitis in their first year of life, to suffer from more frequent and more severe asthma attacks,²¹ and to become regular smokers themselves.²²

**At the time of publication.*



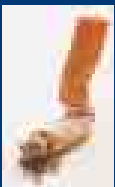
A diseased lung stained by tar.

This lung, removed from a smoker, shows a lung cancer (white tissue) blocking the main air passage to the right lung. The tumour extends to the outside of the lung.

Picture courtesy of the Prince Charles Hospital, Departments of Pathology and Medical Photography.

TRY THIS

List all your reasons for quitting, and then number the three reasons you think are most important.



FACT 4: QUITTING REDUCES your risk of stroke and chronic bronchitis.¹ This is especially important for women taking the contraceptive pill, whose risk of stroke is increased ten times by smoking.²⁰

Deciding to quit checklist

- I'll reduce my risk of heart attack.
- I'll reduce my risk of getting cancer.
- I'll feel fitter and my skin will look younger.
- Within two hours, my body will be free of nicotine.
- I'll set a great example for the children around me.
- My lungs will start to repair themselves, getting rid of the build-up of tar.
- I'll have more money to spend any way I choose.
- My teeth will be whiter.
- I'll give myself a confidence boost by quitting cigarettes.

TRY THIS

From the following list, tick the things that you want to do when you are a non-smoker. Add your own ideas in the space provided.

- Run without huffing and puffing.
- Be free of the constant craving for nicotine.
- Reduce the risk of getting sick from cancer or heart disease.
- _____
- _____
- _____
- _____
- _____

STEP 2 Getting ready to quit

Smokers who plan before they quit are more successful than those who don't, and planning can be done quickly. There are four stages of getting ready:

1. Understand your nicotine addiction
2. Know why you smoke
3. Plan ways to deal with quitting
4. Set a date to quit

1. Understand your nicotine addiction

Nicotine is a drug that produces many different effects on the body at the same time⁶. It stimulates your system, even though it makes you feel relaxed.⁶ Nicotine affects the chemicals in your brain⁶ and, after a puff, you usually feel good for a moment or two.

New smokers often feel dizzy and sick from tobacco smoke, but they get used to its effects.⁶ As they continue to smoke, smokers' bodies learn to depend on nicotine and they can smoke more and more.⁶



FACT 5: WITHIN TWO DAYS of quitting, your taste buds come alive and your sense of smell improves. Your breath, hair, fingers, teeth and clothes are cleaner.

When smokers stop, most get cravings, they can feel anxious, hungry and irritable, and they find it hard to focus on what they are doing.⁶ Even after giving up smoking for long periods of time, most smokers who try to just have an occasional cigarette quickly return to regular smoking.

Surprising as it sounds, research shows that for many smokers their addiction to nicotine is similar to addiction to heroin or cocaine.⁶ For example, research shows that some smokers cannot bring themselves to quit even though they think smoking is harmful – they don't believe that **they** will be affected.²³

2. Know why you smoke

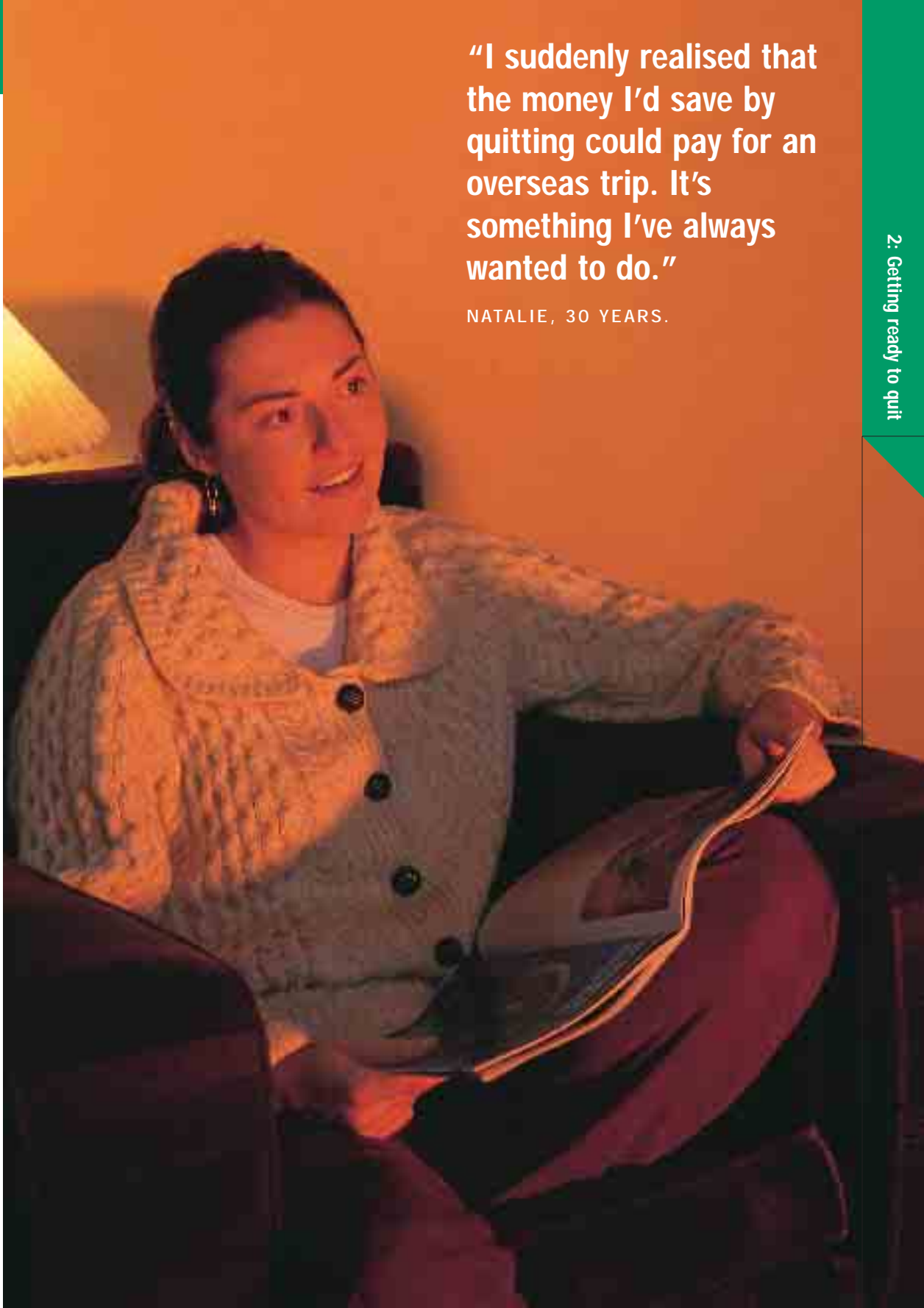
All smokers have their own smoking habit, and these habits are often tied to certain moods, events or places.

Some of the most common reasons why people smoke are:

- **emotions:** feeling stressed, upset, angry or frustrated
- **pleasure:** to enjoy something even more or to reward yourself
- **social pressure:** feeling part of the crowd
- **habit:** feeling used to doing things while smoking
- **addiction:** to satisfy the craving for nicotine

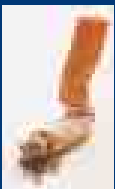
"I suddenly realised that the money I'd save by quitting could pay for an overseas trip. It's something I've always wanted to do."

NATALIE, 30 YEARS.





“Giving up was hard at first. But I just kept imagining myself in a plane about to take off.”

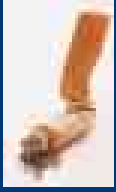


FACT 6: AFTER THREE WEEKS without smoking, exercising will be easier because your body needs less oxygen and more air is getting into your lungs.⁸

TRY THIS

Smoking Record

- You can learn about your habit while you prepare to quit. If you want to quit right now, use the Smoking Record system to record your cravings.
- Make a Smoking Record sheet like the one below and carry it with you everywhere. Each time you have a cigarette, or feel a craving, fill in the date, time, occasion or activity, what you are feeling and how much you feel the need for a cigarette, using the point system below.
 - 1 = I could do without it
 - 2 = I feel like it
 - 3 = I need it
 - 4 = I really need it
 - 5 = I'd kill for it
- Even after a couple of days, you'll have a good idea about what makes you want to smoke.



FACT 7: MOST SMOKERS WANT to quit. Research shows that around 80% of smokers have made at least one serious quit attempt.^{24,25}

3. Plan ways to deal with quitting

Telephone the Quit office

You can get some help in planning how to quit.

Visit your doctor

If you have asthma, are overweight or have other health problems or would like more advice, visit your doctor and talk about your plan to quit smoking. Your doctor might recommend using nicotine gum or patches or want to see you for regular checks.

Example of Smoking Record.

| Date | Time | Occasion/activity person I'm with | Feeling/mood | Value | What I did |
|------|------|--------------------------------------|--------------|-------|-----------------------|
| 1/3 | 4pm | Kids coming home from school | Very rushed | 5 | Smoked |
| 1/3 | 6pm | In-laws for dinner | Anxious | 4 | Made an orange juice. |

Nicotine gum and patches

If you are a heavy smoker, using nicotine gum or patches in the first few weeks or months of quitting may improve your chance of success. However, most people who succeed go cold turkey. Your doctor or pharmacist can explain to you how to use gum or patches safely.

Plan for your most risky times

After you've done the Smoking Record exercise, you'll know when you are most likely to light up. Work out how you will deal with these situations (see Step Three: **Quitting** and Step Four: **Staying a Non-Smoker** for ideas).

Find a quitting partner

Set a quit date with a friend or workmate and plan to quit together. Consider doing a Quit course.

Get help from friends and family

Tell your family and friends you plan to quit, and explain how they can help and encourage you. Look at your Smoking Record and check whether any of your family and friends actually make you want to smoke. It may be best to simply avoid the subject with them.

TRY THIS

Clean up the day before your Quit Day. Check your house, car, workplace (and anywhere else that has anything to do with smoking) and throw out cigarettes, lighters and ashtrays.

4. Set a date to quit

Unless there is a very good reason, make the date within two or three weeks from now. Choose an easy date to stop, one when you will not be under much pressure, but will have plenty to occupy yourself.

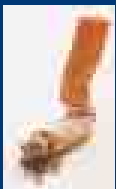
Some words about weight gain

When you quit smoking, you may gain weight, although not all ex-smokers do. Of those people who do gain weight, half put on less than two kilos.¹

Many smokers are underweight because smoking suppresses the appetite and nicotine speeds up the body's processes.^{6,26} When you stop smoking, your body needs less energy; however, you may feel hungrier.

For some smokers, worrying about putting on weight stops them from trying to quit. If you are one of those people, remember:

- Not everyone gains weight when they stop smoking.
- Be informed. Find out whether you will still be in the normal weight range for your height and age if you put on up to two kilos.
- Act on your concerns. Talk to a doctor or dietitian, and make a sensible eating plan.
- Exercise. It's the best way to keep your weight down, and it keeps you fit.
- Eat healthy snacks. But be realistic, allow yourself some treats.



FACT 8: WITHIN TWO MONTHS of quitting, the blood flow to your hands and feet improves.¹

Getting ready to quit checklist

- I know nicotine is a very addictive drug.
- I know what times, places and events are most likely to make me want to smoke.
- I will try out ideas about how to handle my cravings after I have quit (see Step Three: *Quitting* and Step Four: *Staying a Non-Smoker*).
- I will be realistic and sensible about eating after I quit.
- I can talk to my doctor before I quit if I have any health worries.
- My friends and family can help me give up smoking.
- I may find a quitting partner to help me through the tough times.
- I have set a date to quit, a date that will make it easier for me to succeed in becoming a non-smoker.

Quitting

Are you thinking about how hard quitting could be, or are you looking forward to the challenge?

Acknowledge your feelings, but stick to your decision. You're doing the right thing.

How to quit

Choose an approach that will work for you

Going cold turkey means stopping suddenly and completely. For most people, this is the most successful method.

Cut down by reducing to five cigarettes a day, going on half rations or delaying your first cigarette by an hour each day. If you choose to cut down, make sure your quit date is set for two weeks after you start.



FACT 9: RECOVERY SYMPTOMS are a good sign. They show that your body is getting rid of the chemicals in your system.

Understand withdrawal symptoms

Withdrawal symptoms are the way your body reacts when it stops getting nicotine and all the other chemicals in tobacco smoke. Think of them as recovery symptoms.

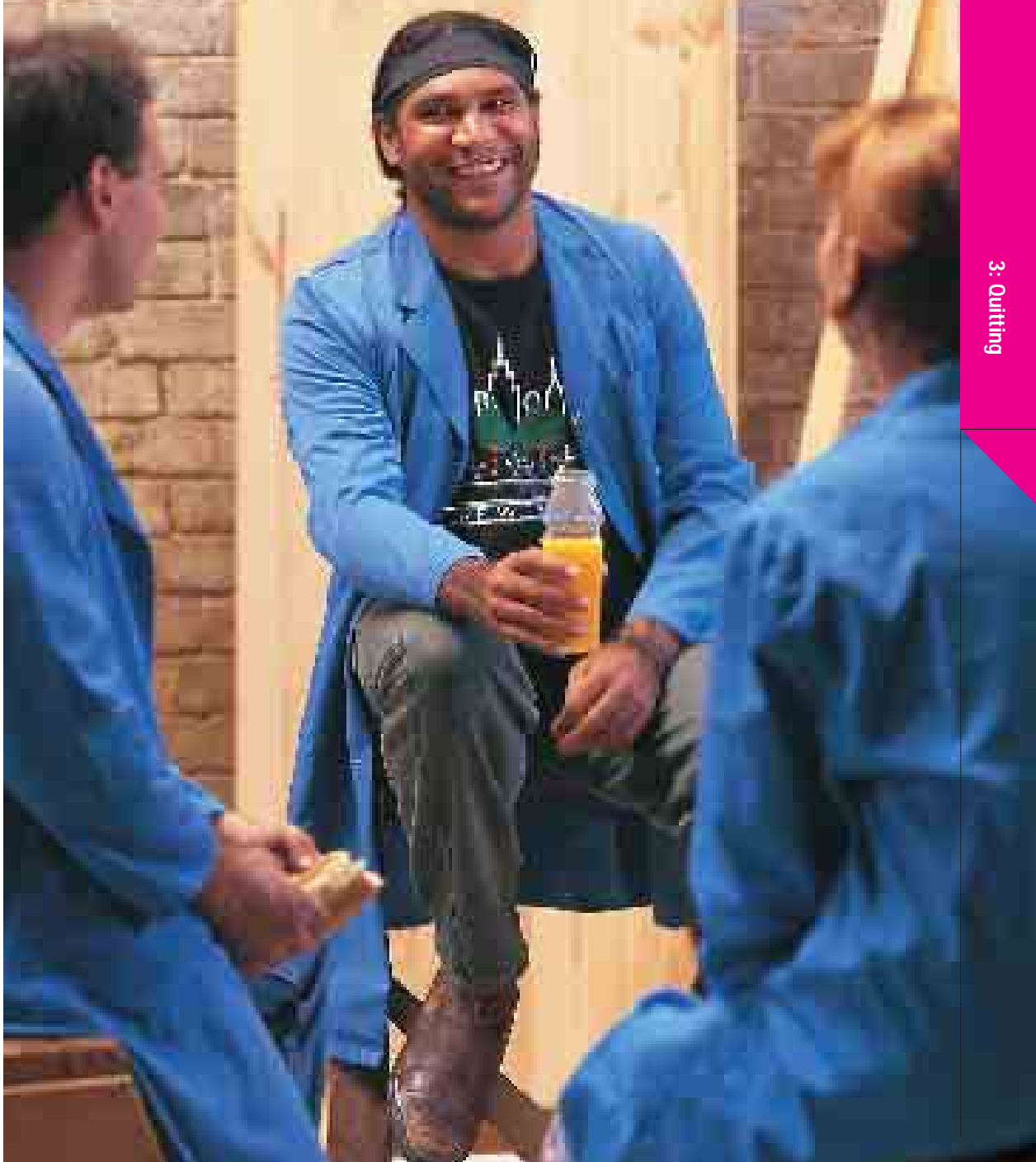
Some recovery symptoms will come and go over a period of a few days, and most are gone within two to three weeks. The emotional symptoms – such as anxiety and irritability – are closely tied to the physical reaction of your body as the nicotine leaves your system.

Common recovery symptoms include:

- Cravings. Each one lasts a short time, but may be strong. Over time, cravings will happen less often.
- Occasional headaches.
- Upset digestion, constipation, nausea, diarrhoea or a sore throat – rarely last more than four days.
- Changed sleeping patterns; unusual or strong dreams. Many people find they sleep better.
- Coughing – means the cilia that line your lungs are working again and are sweeping out the tar and mucus.
- Feelings of irritability, depression or anxiety – will lessen over one to three weeks.
- Temporary increase in appetite and possible weight gain.

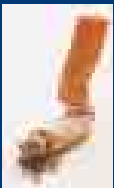
“For me, it was going cold turkey or nothing. I’d tried once before, gradually, but I blew it. But this time I was really keen. I reckon I’ll never smoke again.”

RICK, 26 YEARS.





“A couple of mates gave up at the same time. We had this friendly competitive thing going.”



FACT 10: WITHIN THREE MONTHS of quitting, the cilia (the hair-like cleaning system in your lungs) begin to recover, and remove the mucus in your lungs so that you can cough it up.⁸ The mucus may be brown from tar. Your lungs start to work better, and activities like climbing stairs and running for the bus become easier.

Coping with recovery symptoms

The first few days after you quit can be the hardest.

Confront cravings

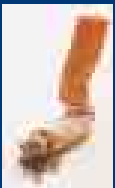
Few smokers can quit without feeling cravings. They are hard to avoid altogether. To quit, you must learn to live through them until they no longer happen. Here is one way to confront your cravings and overcome the urge to smoke:

Remember **THE 4Ds**:

- **Delay** acting on the urge to smoke. Don't open a pack or light a cigarette. After five minutes, the urge to smoke weakens and your resolve to quit will come back.
- **Deep breathe.** Take a long slow breath in, and slowly out again. Repeat three times.
- **Drink water.** Sip it slowly, holding it in your mouth a little longer to savour the taste.
- **Do something else.** Take your mind off smoking by taking action – put on some music, go for a walk or ring a friend.

Just one WILL hurt

Having 'just one' is the way that most people go back to regular smoking. Quitting means resisting the urge to smoke even one cigarette, despite the cravings, the habit, the pressure and your own emotional reasons.



FACT 11: QUITTING REDUCES your risk of lung cancer. After ten years, the risk is halved.¹

Take one day at a time

Focus on getting through each day without smoking. Remember your first cigarette? It probably made you feel sick and dizzy. Be kind to your body as it adjusts to living without the nicotine it has got used to.

Tea, coffee and cola drinks

These drinks contain caffeine and, without nicotine, your body absorbs much more of this stimulant, making you restless, irritable and sleepless for a while.¹ Try drinking fewer or weaker cups of tea and coffee, coffee substitutes, water, fruit juice or low-joule, caffeine-free cola drinks.

Reward yourself

Congratulate yourself every time you beat the urge to smoke.

Remind yourself

Take out your list of reasons for quitting and the things you want to do as a non-smoker, or turn to the *Deciding to Quit Checklist*.

Refuse offers of cigarettes

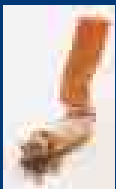
You have the right to refuse a cigarette and can do so without upsetting others.

The problem of empty hands

If you need to keep your hands busy, try keys or beads, or keep active.

Smoking and other drugs

Research shows that many ex-smokers cannot resist smoking when drinking alcohol.²⁷ Alcohol and other drugs may weaken your resolve about giving up smoking, so it might be best to avoid these for a few weeks.



FACT 12: AFTER TWELVE MONTHS of not smoking, your risk of heart disease is down to almost half that of a smoker's. Fifteen years after stopping, this risk is almost the same as for a non-smoker.¹

Quitting checklist

- I will choose whether to stop suddenly or gradually.
- Withdrawal symptoms are a good sign and show that my body is getting rid of the poisons and chemicals in my system.
- I can confront cravings by remembering the 4Ds:
 - Delay
 - Deep breathe
 - Drink water
 - Do something else.
- I will plan how to handle the places and events that I know make me want to smoke.
- I deserve a reward (not food) every time I resist the urge for a cigarette.
- Reminding myself of my reasons to quit will make it easier to refuse cigarettes.
- I have the right to refuse a cigarette and can do so without upsetting others.
- I can keep my hands busy by doing something, or by fiddling with a pen, phone cord or some beads.
- Even if I decide to have alcohol, I'll stick to my decision to quit.

STEP 4 Staying a non-smoker

The worst is over. You'll feel the urge to smoke less and less, and soon you'll hardly think about cigarettes. But the urge to smoke can return when you least expect it. You can stay stopped, but you need to be prepared. There is always something better than a cigarette.

The new you

Think of yourself as a non-smoker from the moment you quit.

Find new ways to handle stress and difficult emotions

By now you know the moods and emotions that make you want to smoke. Stress is a common reason, but there are plenty of others: grief, anger, guilt, hunger. Smoking may make you feel better for a minute or two, but the effects are short term. As a non-smoker, you will discover many ways to deal with these feelings without having a cigarette.



FACT 13: THERE ARE NOW MORE AUSTRALIANS who have quit smoking than there are Australians who smoke.²⁸

"I'm otherwise pretty fit, so it really frustrated me when I started feeling out of breath doing some of the things that I really like."

CHRIS, 42 YEARS

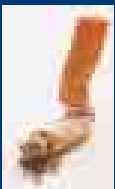




“When I quit, I was amazed how quickly I started to feel like my old self again.”

TRY THIS

- Think about your plans at work and home for the next few weeks. Can you make one or two changes to reduce the pressure?
- Talk about problems openly with those involved.



FACT 14: SMOKING RATES AMONG BOTH MEN AND WOMEN are going down. Rates for men have almost halved in the past 50 years; 73% of men and 76% of women do not smoke.

Tips for the tough times

TRY THIS

FIND NEW WAYS TO RELAX

1. **BREATHE DEEPLY AND SLOWLY.**
2. **RELAX** your body and your mind like this:
 - Lie down or sit in a comfortable position.
 - Close your eyes and take a few deep breaths.
 - Tighten your feet and toes, hold them tight for three seconds, then relax them. Repeat this exercise with your leg muscles, your stomach and your arms and shoulders.
 - Think about something relaxing, perhaps lying in the shade of a tree on a hot day ... a gentle breeze brushes your skin ... the leaves rustle quietly ... nothing to do just now but close your eyes and let your mind drift ...
 - When you are relaxed and ready, open your eyes and bring the good feelings with you.
3. **ASK A FRIEND** for a neck and shoulder massage.
4. **MAKE A CHANGE** in your routine.
 - Get up earlier, and go for a morning walk, or sit in a different place for breakfast.
 - Choose a different chair to watch TV, and eat some sugarfree popcorn or chewing gum.
 - Have a pen and paper by the phone so you can doodle, or move around while you are talking.
 - Take a soft rubber ball in the car, and do hand exercises if you are stuck in traffic.
 - Go off alcohol for a while and try a soft drink instead.
5. **EXERCISE.** This can be as simple as getting off the bus one stop early and walking the extra distance or using stairs instead of lifts.

Social pressure

If your friends or family are making quitting harder for you, explain to them how you feel. Enjoy yourself with people who are glad to see you looking after your health.

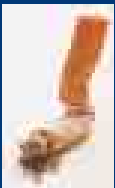
Unexpected difficulties

Take time to think before you react to unexpected difficulties. Remember, difficulties pass. As a non-smoker, you have learned new strengths and have shown great determination. You will get through this problem, and through all future problems as a non-smoker.

What if you do gain weight?

If you put on a kilo or two temporarily, try not to be too hard on yourself. Concentrate on your resolve to give up smoking and then tackle the weight gain. But do try to eat healthy foods and get some extra exercise. One or two extra kilos temporarily is a lot less harmful than smoking.

If you think weight gain is a problem, discuss it with your doctor. Remember, starting to smoke again may not help you lose the weight you have gained.



FACT 15: MANY RESTAURANTS now offer a smokefree area for the health and comfort of their patrons and staff, and some are completely smokefree. Remember to ask.

Staying a non-smoker checklist

- I'm a non-smoker now.
- The worst is over.
- I will find new ways to deal with stress and difficult emotions.
- I'll remember The 4Ds:
 - Delay
 - Deep breathe
 - Drink water
 - Do something else.
- I'll find new ways to relax, such as massage, deep breathing, relaxing my mind and body, and changing my routine.
- I'll prepare myself carefully before I return to risky places and events.
- I will cope with unexpected difficulties by taking some time to think before I react, and reminding myself of other ways to cope.
- I'll take action if weight gain is really a problem. I'll be kind to myself if I put on a kilo or two.

Coping with setbacks

Quitting can be hard. You might be going along OK, and suddenly you feel like smoking again.

Sometimes, as you gain confidence, you actually start to think quitting is easy, so why not smoke again? Your resolve starts to weaken.

TRY THIS

Remember, every craving only lasts a few minutes. You can fight it off: delay, deep breathe, drink water, or do something else.

Remind Yourself of the times when you found the going really tough, and how much work you put into preparing and achieving your goal. Think of how far you have come. Do you really want to have to start all over again?

List Your Reasons for quitting on a card that you can carry with you. Read the reasons whenever you feel the urge to smoke.



“It’s great. I don’t have to get all stressed out about smoking at work anymore.”

IF YOU HAVE A CIGARETTE

Think of how long you have gone without a cigarette and say to yourself: “I’m determined to give up. After all, I have only slipped up once. In the past, I would have smoked 20 a day. I am determined to quit.”

IF YOU GO BACK TO REGULAR SMOKING

Don’t despair, and don’t give up on your plan to quit.

Most people who have successfully quit smoking for good have made **several serious attempts**. Every day that you have spent smokefree, makes your body healthier and helps to break your habit and weaken your addiction. Remember, you took a long time to learn the habit of smoking, so it may take you a while to learn to be a non-smoker.

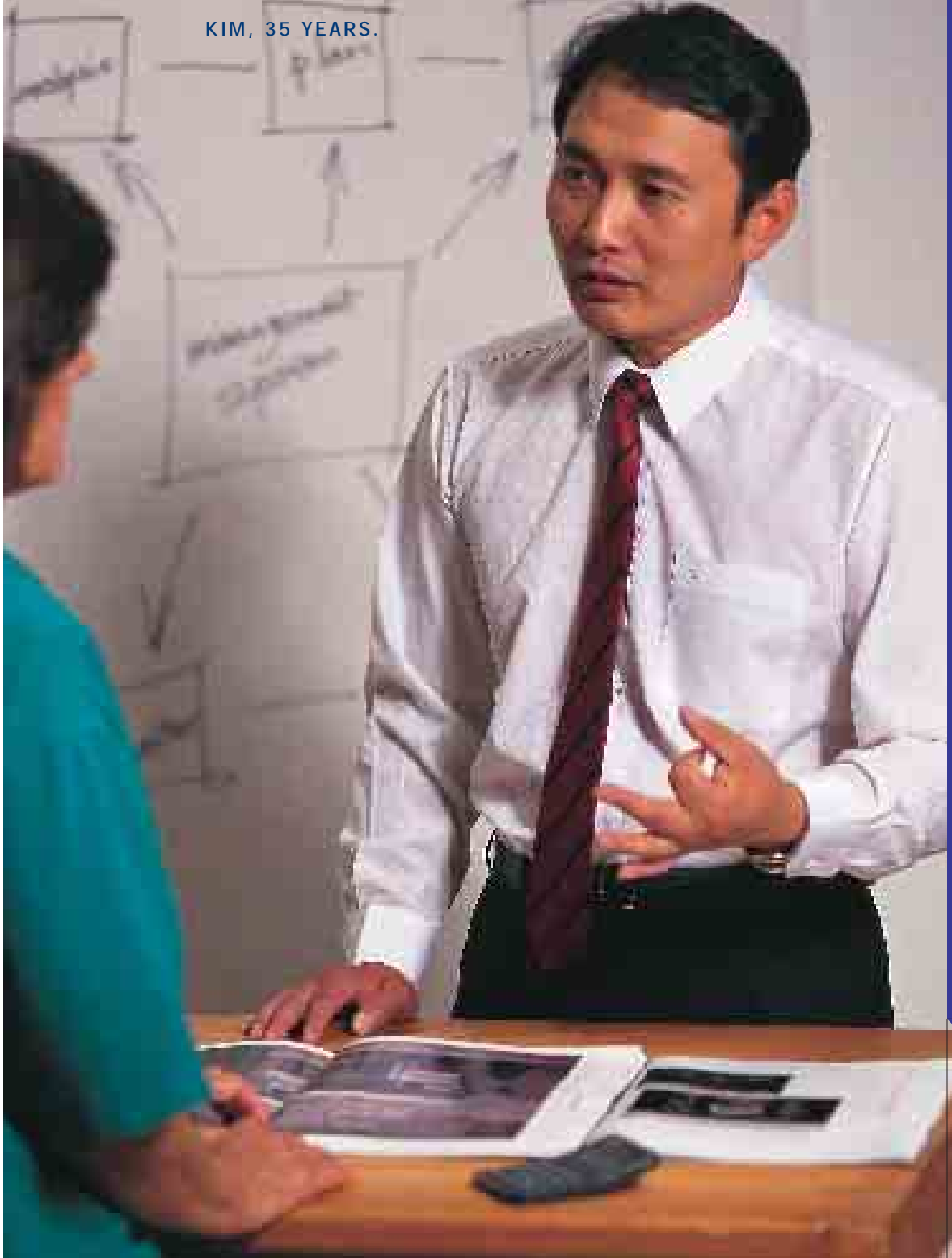
TRY THIS

Use what you have learned from your quit attempt, and plan another date to give up as soon as possible. If you have lost the urge to give up, go back to the first section of this book. Go through all the steps in this book again if that helps you.

REMEMBER, THE QUITLINE IS THERE FOR YOU. CALL 131 848.

“At work and socially, it was just getting too difficult and embarrassing to sneak out for a cigarette. That’s what did it for me.”

KIM, 35 YEARS.



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4 ways to avoid a cigarette even when you're desperate.

- Ring the Quitline.
- Remember how far you have come.
- Do some light exercise.
- Remember THE 4Ds:
 - Delay
 - Deep breathe
 - Drink water
 - Do something else.



Produced by
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