



If you smoke, your body is constantly working to try and repair the damage done by regularly inhaling more than 4000 toxic chemicals.

The best thing a smoker can do for their health is to quit smoking. Benefits of quitting start immediately, with noticeable improvements in the first 72 hours.

Time since quitting	Health benefits
20 minutes	Heart rate drops.
12 hours	Blood levels of carbon monoxide drop dramatically.
72 hours	Sense of taste and smell improve.
2 weeks – 3 months	Lung function and circulation improves.
1 – 9 months	Coughing and shortness of breath decrease.
1 year	Risk of heart disease is halved compared to continuing smokers.
5 years	Risk of cancers of the mouth, throat and oesophagus decreases.
10 years	Risk of lung cancer death is about half that of a continuing smoker and continues to decline. Risk of cancers of the bladder, kidney and pancreas decreases.
15 years	Risk of death is the same as someone who has never smoked.

Benefits of quitting

There are so many good reasons to quit smoking.

The benefits include improvements to your health, your looks, your sense of taste and smell, your fitness and your finances. You will feel better about yourself and improve the health of family and friends around you.

Appearance and ageing

Smoking ages and wrinkles your skin. When you quit, your skin looks younger and healthier. Quitting smoking means no more stains on your

fingers and teeth and you will no longer smell of cigarette smoke. You will not only look better but you will feel better too.

Your finances

Quit smoking and you will have extra money. With prices averaging around \$30 for a packet of cigarettes, you could save around \$11,000 every year – that's an overseas holiday, money towards a car, house or a shopping spree. In the long-term, if you saved at this rate for five years you would save around \$55,500.

Based on spending \$30 per day on cigarettes, you can see the savings add up quickly.

Benefits of quitting

Time since quitting	Money saved	What could you do with the money
2 days	\$60	<ul style="list-style-type: none"> • Go shopping • Treat yourself to dinner and a movie
7 days	\$210	<ul style="list-style-type: none"> • Have a night away • Start a gym membership • Buy sporting equipment
1 month	\$900	<ul style="list-style-type: none"> • Buy a new bike • Buy a new iPad • Buy a year's gym membership
2 months	\$1800	<ul style="list-style-type: none"> • Buy a new television • Have a weekend away
6 months	\$5400	<ul style="list-style-type: none"> • Go on an overseas holiday • Buy some new furniture
1 year	\$11000	<ul style="list-style-type: none"> • Buy a car or boat • Pay a lump sum off your mortgage

Making the decision to quit

It is never too late to decide to quit smoking. The first step is deciding to quit, then you can use the steps below to help you with your quitting journey. Remember, for some people, quitting takes practice. The best advice is to keep trying. Practice helps smokers plan what to do the next time they get an urge to smoke.

How to quit

Call Quitline 13 QUIT (13 7848) for free information, practical assistance and support.

Discuss quitting smoking with a health professional and plan your quitting strategy together.

Consider using pharmacotherapy such as Nicotine Replacement Therapy (NRT), Bupropion Hcl or Varenicline.

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