



Smoking causes cancer in your mouth.



tobaccofacts.gov.au

Living with mouth cancer is difficult.



Surgery to remove mouth cancer can leave your face deformed. Treatment can damage your senses of taste and smell.

Want to talk about quitting?

- Call Quitline 13 7848
- talk to your doctor or pharmacist
- visit quitnow.gov.au

Good things happen when you stop smoking!

- 12 HOURS**
Most nicotine has left your body.
- 24 HOURS**
Oxygen reaches your heart more easily.
- AFTER 7 WEEKS**
Your mental health may improve.
- 2 MONTHS**
Your immune system starts recovering.
- QUIT BEFORE PREGNANCY:**
Your baby's more likely to be a healthy weight.

Quitline 13 7848

Call today to request a callback from a Quitline Counsellor.

quitnow.gov.au

Scan the QR code for strategies to help you stop smoking for good.

Health promotion inserts

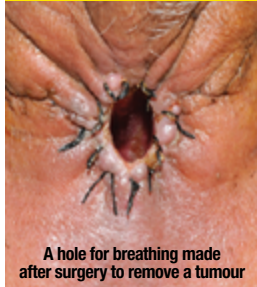
Smoking causes THROAT CANCER.



Removal of voice box

tobaccofacts.gov.au

If you get throat or voice box cancer you may:



A hole for breathing made after surgery to remove a tumour

- need surgery to remove part of your throat
- lose your voice
- need to breathe through a hole in your neck

People who smoke are 11 times more likely to get cancer of the voice box.

You CAN quit smoking.

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- talk to your doctor or pharmacist
- visit quitnow.gov.au

Future policy option: warnings on cigarette sticks

- Toxic addiction
- Poisons in every puff
- Causes 16 cancers
- What is this costing you?

*Market tested messages

Potential graphic health warnings