



Australian Government

**GIVE UP
FOR GOOD**



Factsheet

Give up smoking for good

Smoking is the leading cause of preventable disease and death in Australia.

Smoking reduces quality of life and increases risk of disease, including cancer, heart disease, stroke and diabetes. Smoking also negatively affects how you look and feel, your finances and the people around you.

There is no safe level, or method, of smoking. Even an occasional cigarette or exposure to second hand smoke is harmful.

The only way to reduce harm is to not smoke.

What is smoking?

When people smoke tobacco, they burn it so they can breathe it in or taste the smoke.

People smoke tobacco in different ways including cigarettes, cigars, pipes, waterpipes or shisha.

What is tobacco?

Tobacco is made by drying leaves from tobacco plants, and is the main component of cigarettes.

What is nicotine?

Nicotine is the main chemical in tobacco. It is toxic and highly addictive.

Once you are dependent on nicotine, you will experience withdrawal symptoms without it. You may find it difficult to concentrate or feel nervous, restless, irritable or anxious.

How smoking affects your health

Cigarette smoke contains over 100 toxic chemicals and at least 70 of these are known causes of cancer.

Within 10 seconds of the first puff, toxic chemicals in tobacco smoke enter the lungs, move into the blood stream and spread through the body. These chemicals cause damage anywhere they go.

If you smoke, you:

increase your risk of many serious conditions and diseases

reduce your life expectancy and your quality of life.



How smoking affects people around you

Second hand smoke can damage the health of anyone who breathes it in, especially babies, children and pregnant women. The chemicals in tobacco smoke can stay in the air for hours, even if you ventilate or filter the air.

Non-smokers who live with someone who smokes have up to 30 per cent greater risk of developing heart disease and up to 30 per cent increased risk of developing lung cancer.

How tobacco affects the way you look

Smoking tobacco can:

cause yellow-brown stains on your fingers, tongue and teeth

increase your risk of tooth loss, damaged gums and bad breath

make your skin saggy and give you early wrinkles

make your hair lose its natural shine.

How smoking affects your wallet

Smoking is expensive. If you smoke one pack of cigarettes a day, you could be spending more than \$15,000 a year on cigarettes.

Work out how much you could save if you stopped smoking with this [free online tool](#).

The benefits of quitting

There are lots of benefits to giving up smoking. You will feel the benefits of quitting almost straight away as your body starts to repair the damage. Depending on how much you smoked, you should start seeing benefits within a week of quitting.

The health benefits include decreased blood pressure, improved smell and taste, improved lung function, and a decrease in coughing and shortness of breath. The risk of heart disease drops by half within a year of quitting.

By quitting, you will protect those around you from the harms of second-hand smoke and you'll also save money.

How to quit

It is never too late to quit smoking. Quitting at any age can improve your health and quality of life and reverse some harm to your body. The sooner you quit, the sooner you start to see the benefits.

Giving up smoking can be difficult, but it is possible and there is plenty of help available to support you.

Each time you resist a craving you are one step closer to giving up for good.

There are lots of ways to quit and stay quit, and for many, a combination of methods is most successful.

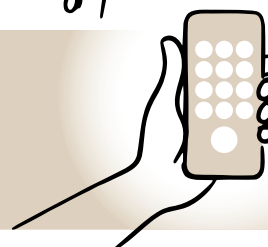


Some options for support that can help you give up smoking for good, include:

Talking to your doctor, pharmacist or other health professional about the different options available to you, including medications that can reduce cravings and feelings of withdrawal.



Calling Quitline on **13 7848** for confidential advice and support from professional counsellors. You can even request a free callback for a time that works for you.



Visiting Quit.org.au for tips and strategies to help you quit and information on what to expect during the quitting process.



Downloading the free and newly updated **My QuitBuddy** app to access evidence-based information, new quit tips and distractions from cravings.



My QuitBuddy

Smoking reforms

The Australian Government is taking action to reduce smoking rates through stronger legislation, enforcement, increased support and education.

On 1 April 2024, some of the laws around tobacco changed. These tobacco control measures will reduce the appeal of tobacco products and further restrict advertising to vulnerable Australians.

As a result of the new measures, tobacco products will only be available in specific sizes and

packaging and some product names will change, with no fancy brand names that falsely imply less harm. New health warnings will be placed on packaging and new health promotion inserts will be provided to encourage and empower people to quit smoking.

All tobacco products sold in Australia must comply with the new control measures by 1 July 2025.

For more information visit



health.gov.au/GiveUpForGood

Quitline
137848