

My heart my family our culture



Smoking

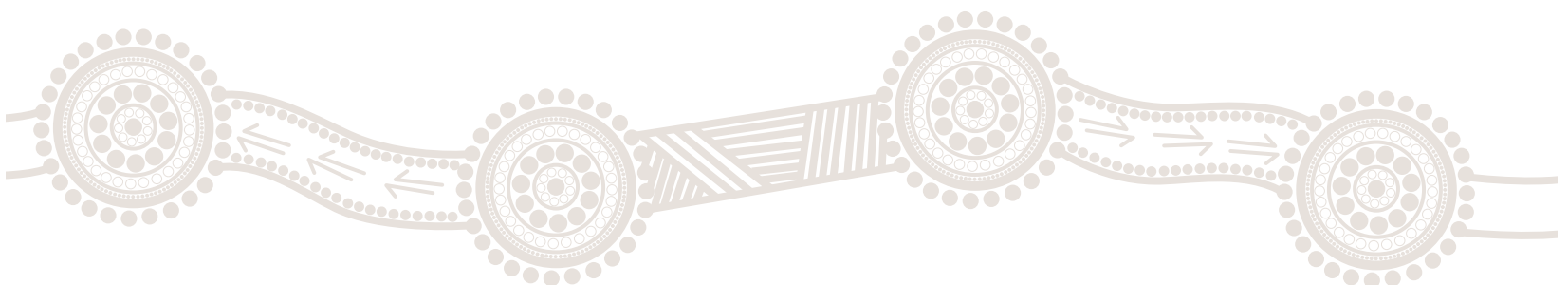
Smoking is one of the biggest killers of Aboriginal and Torres Strait Islander peoples.

Stopping smoking will lower your risk of a heart attack.

Two years after stopping, your risk of having a heart attack is around half that of someone who kept smoking.

Smoking damages your health and can cause many other illnesses.

It affects the health of your family and children.



Benefits of quitting smoking

You will:

- have better health
- get your sense of smell and taste back
- live longer
- have extra dollars
- have more energy.

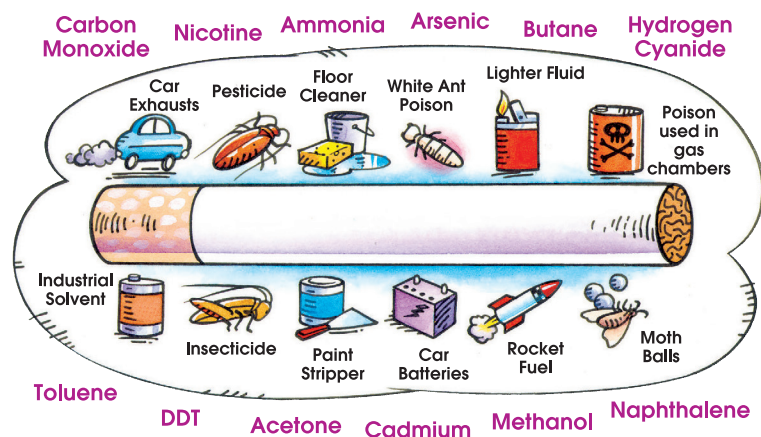
Important tips for quitting smoking:

- pick a date to stop
- get family or friends to support you
- talk to someone – Aboriginal Health Worker, nurse, doctor
- use nicotine replacement therapy products (NRT)* to assist
- call the **Quitline** for support or other information **13 7848 (13QUIT)**.

* Nicotine replacement therapy (NRT) doubles the chance of quitting successfully, it works by reducing the body's addiction to nicotine in cigarettes.

The leaves of the tobacco plant are dried and treated with many different chemicals. Cigarette smoke contains over 4,000 chemicals and many of them damage your health.

Talk to someone who is specially trained in heart health care to answer your questions
Call our Helpline on 13 11 12



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