



***“Both you and your family
will benefit”***

BENEFITS OF QUITTING

Benefits of quitting

Your health will benefit within hours

- | | |
|----------------------|--|
| After 1 day: | Your risk of heart attack decreases |
| After 2 days: | Improved taste and smell |
| By 3 months: | Your lung function improves by 30% |
| After 1 year: | Your risk of heart attack is half that of a smoker's |

Your family will experience benefits including:

- Reduced risks from passive smoking
- Financial benefits from money not spent on cigarettes
- House does not smell of smoke

GETTING HELP

(Repeat in English – fine print)

Nicotine is very addictive, so quitting smoking is not easy. But it can be done.

People who use some form of assistance have double the success rate of those who try to quit on their own.

What's worked for others:

- You can buy Nicotine Replacement Therapy (NRT) as patches, gum, lozenges or inhalers without a prescription
- Your GP can prescribe Bupropion (Zyban).
- Help and advice from a GP or pharmacist
- Call the Quitline (131 848) and ask for an Arabic speaking worker

HOW FAMILIES CAN HELP

(Repeat in English – fine print)

- Be understanding – quitting is hard
- Don't offer cigarettes
- Help smoker cut down on coffee intake
- Avoid places and activities where people will be smoking
- Keep encouraging

For more copies of this pamphlet, ring: 9828 5911
Copies can also be downloaded from the website of the
Multicultural Health Communication Service

www.mhcs.health.nsw.gov.au

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LOSS OF HEALTH

Loss of health

About half of regular cigarette smokers die prematurely as a direct result of smoking. Many of them die while still in middle age (35 - 69 years).

Smoking harms nearly every organ of the body.

Smoking:

- Triples your risk of heart attacks and strokes
- Causes emphysema, bronchitis and lung cancer
- Causes many other cancers such as mouth, kidney and cervical cancer

Many smokers suffer a loss in quality of life through:

- Loss of breath, leading to reduced activity
- Loss of heart function
- Loss of sight through cataracts

Ma'assel in nargila (shisha) contains nicotine, and other harmful substances.

“A man loses everything if he loses his health”

LOSS TO THE FAMILY

Loss to the family

If you suffer ill health through smoking, you will not be able to look after your children.

Your family will miss you at important family events like graduation, marriage, grandchildren's birthdays.

Smoke from cigarettes is also 'smoked' by children and causes asthma and breathing problems. Painful ear infections may also lead to hearing loss.

Passive smoking increases the risk of miscarriage.

Children of women who smoked in pregnancy have more difficulty with reading, maths and related skills.



Like mother, like daughter...

PARENTS ARE EXAMPLES FOR THEIR CHILDREN

Parents are examples for their children

If you smoke, your children are twice as likely to smoke.

Teenagers who smoke are more likely to use other drugs

