

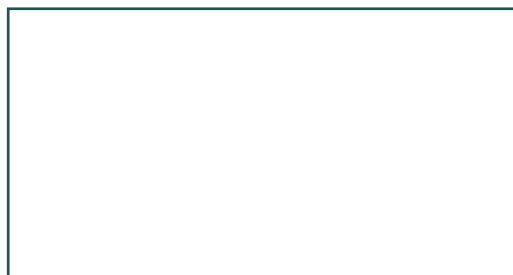


The facts!

One out of two long time smokers will die from their smoking.

Kooris are twice as likely to smoke as other Australian adults.

QUIT NOW!
Call 131 848



Smoking

Giving away the smokes

NSW Chronic Care for Aboriginal People Program

For more information

Contact your local **Aboriginal Medical Service** or **Health worker**. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:
www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp

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Aboriginal Health and Medical Research Council:
www.ahmrc.org.au

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*Chronic Care
for Aboriginal People*





Facts about tobacco smoking

Smoking is one of the biggest killers of Koori people. It damages your health and can cause the following:

- Heart disease
- Stroke
- High blood pressure
- Cancer (especially lung, throat, bladder and lip)
- Chest infections
- Makes you breathless and unfit
- Makes your teeth and fingers yellow
- Can make you have small babies
- Affects your kids including:
 - ear infections
 - asthma
- Difficulty in having an erection.

Benefits of quitting smoking

- Better health
- Have more energy
- Save money
- Live longer
- Food tastes better
- Better for your kids.



There are things that the Aboriginal health workers or health team can help you with to give up smoking. Please ask about nicotine patches, gum and medicines to help.

Tips on how to stop smoking

- Pick a date to stop
- Don't try to give up before stressful events, ie job interview, court appearance etc
- Get your family to support you
- Plan for upcoming events like a party. Others will be smoking there and it will be hard not to smoke
- Have someone to talk to when you feel like giving up
- Get help with patches, gum, lozenges or groups call the **QUIT line 131 848** (cost of a local call).

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