

Benefits of Quitting Vaping or Smoking

The best thing you can do for your health is to quit smoking.

If you smoke or vape, your body is constantly working to try and repair the damage done by regularly inhaling toxic chemicals.

The benefits of quitting start immediately with noticeable improvements in the first 72 hours.

Health benefits begin from the time you have your last cigarette	
20 minutes	Heart rate drops.
12 hours	Blood levels of carbon monoxide drop dramatically.
72 hours	Sense of taste and smell improve.
2 weeks– 3 months	Lung function and circulation improves.
1–9 months	Coughing and shortness of breath decrease.
1 year	Risk of coronary heart disease is halved compared to continuing smokers.
5 years	Stroke risk is reduced to that of a non-smoker five to 15 years after quitting. Risk of cancers of the mouth, throat and oesophagus decreases.
10 years	Risk of lung cancer death is about half that of a continuing smoker and continues to decline. Risk of cancers of the bladder, kidney and pancreas decreases.
15 years	Risk of coronary heart disease and risk of death is the same as someone who has never smoked.

Benefits of quitting vaping and smoking

There are so many reasons to quit.

The benefits include improvements to your health, your looks, your sense of taste and smell, your fitness and your finances. You will feel better about yourself and improve the health of family and friends around you.

Psychological and social benefits

People often say that they feel a strong sense of pride when they quit vaping or smoking.

Quitting is a chance to be who you want to be and allows you to feel more comfortable in social situations. Most places are now smoke/vape free so smoking or vaping can increase barriers to socialising.

Research has shown that three to six months after quitting, ex-smokers have less stress and anxiety than before they quit. People who smoke or vape have more stress because they are constantly dealing with the anxiety that nicotine cravings cause.

Appearance and ageing

Smoking ages and wrinkles your skin. When you quit, your skin looks younger and healthier.

Quitting smoking means no more stains on your fingers and teeth and you will no longer smell of cigarette smoke. You won't only look better but you will feel better too because your body is healthier and your fitness level is improved. You'll also feel great because you have achieved something that is really hard to do for many people.

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Your finances

Quit vaping or smoking and you will have extra money.

Every dollar you spend on cigarettes, pouch tobacco or vapes is money you could be spending elsewhere in your life.

To find out how much you could save when you quit, visit the Quit HQ Cost Calculator tool (qld.gov.au/quithq)

Making the decision to quit

It is never too late to decide to quit smoking.

The sooner you quit smoking, the better your life expectancy. Consider seeking support and using pharmacotherapy.

How to quit

Here are some useful tips to improve your chance of quitting and staying quit.

Get support

Call **Quitline 13 7848** for specialised quit smoking support to help you quit. Quitline is available 7 days a week.

Talk to your health professional

Discuss quitting smoking with your GP, pharmacist or community health worker, and plan your quitting strategy together.

Use quit smoking products

Research shows that using products will give you the best chance of quitting for good. Nicotine replacement therapy (NRT) and prescribed medications are the recommended product types available to help you quit.

- NRT such as patches, gum, lozenges and mouth mist work by replacing some of the nicotine from cigarettes, without passing on the harmful chemicals found in tobacco smoke. They also help to reduce withdrawal symptoms such as cravings and anxiety. NRT products are available over the counter, or your GP can prescribe patches at a discounted rate.
- Non-nicotine medications, such as Bupropion Hcl and Varenicline are also effective in helping smokers to quit. These products are only available on prescription and your GP can help decide if they are suitable for you.

Combine counselling from Quitline with quit smoking products to give yourself the best chance of quitting.

Download the free MyQuitBuddy app (available from the Google Play Store, Apple iTunes online store and Windows Phone Store). For further information on MyQuitBuddy visit www.quitnow.gov.au



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