

Quit Smoking, Live Long

Call  Quitline 13 7848



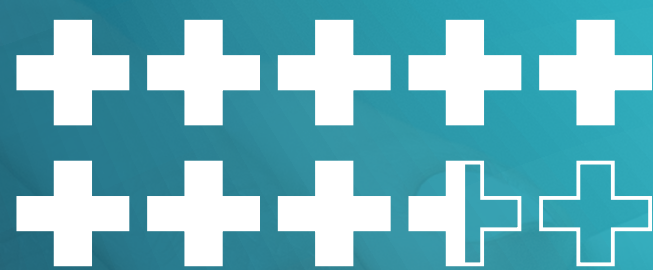
THERE ARE HUGE BENEFITS TO QUITTING SMOKING

QUIT AT **30**



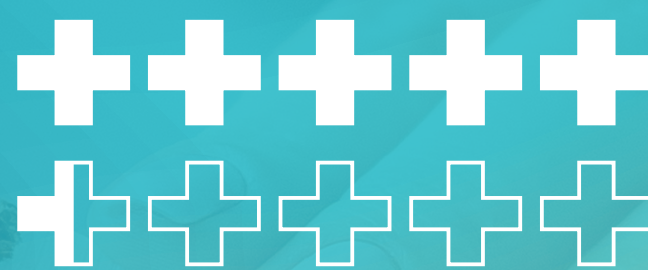
GAIN ALMOST 10 YEARS
OF LIFE EXPECTANCY*

QUIT AT **40**



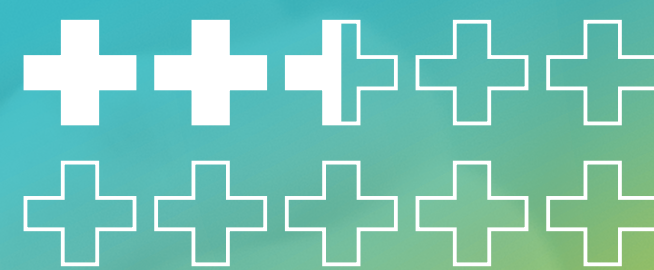
GAIN ALMOST 9 YEARS
OF LIFE EXPECTANCY*

QUIT AT **50**



GAIN ALMOST 6 YEARS
OF LIFE EXPECTANCY*

QUIT AT **60**



GAIN ALMOST 3 YEARS
OF LIFE EXPECTANCY*

*Compared to if you continued to smoke

Are you ready to quit?

Ask your health professional or physiotherapist how.

1300 367 519



EmployHealth

Effects of Quitting Smoking

Call  Quitline 13 7848

QUITTING SMOKING HAS IMMEDIATE HEALTH BENEFITS

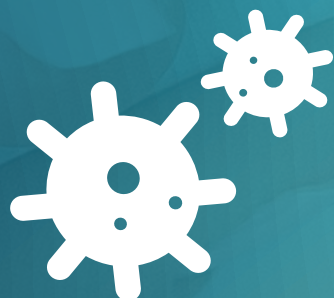
20 MINUTES
HEART RATE AND
BLOOD PRESSURE DROP



1 WEEK
TASTE AND
SMELL IMPROVE



2 MONTHS
IMPROVED IMMUNE
SYSTEM AND REDUCED
RESPIRATORY
INFECTIONS



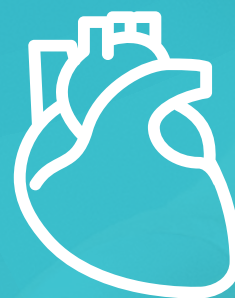
1 YEAR
RISK OF
CORONARY HEART
DISEASES HALVES



12 HOURS
CARBON MONOXIDE
LEVELS IN YOUR BLOOD
RETURN TO NORMAL



2-12 WEEKS
BLOOD CIRCULATION
AND LUNG
FUNCTION IMPROVE



1-9 MONTHS
COUGHING AND
SHORTNESS OF
BREATH DECREASE



5-10 YEARS
STROKE RISK AND
LUNG CANCER
RISKS HALVED



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Second-hand smoke **KILLS**

Call  **Quitline** 13 7848

**THERE IS NO SAFE LEVEL OF EXPOSURE
TO SECOND-HAND TOBACCO SMOKE**

THERE ARE MORE THAN
250 **HARMFUL
CHEMICALS**
RELEASED WHEN SMOKING



50 **CHEMICALS ARE
KNOWN TO
CAUSE CANCER**

Second hand smoke can cause the following in those around you;



**SUDDEN INFANT
DEATH SYNDROME**



**PREMATURE
BIRTH AND
LOW BIRTH
WEIGHT**



**CANCER, STROKES,
GANGRENE, LUNG
DISEASE, HEART
DISEASE AND DEATH**

CARE NOT KILL

IF YOU CHOOSE TO SMOKE, **SMOKE WELL AWAY
FROM VULNERABLE PEOPLE AND CHILDREN.**

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SAVE a packet

Call  Quitline 13 7848

**STOP A PACK A DAY HABIT
AND ENJOY THE SAVINGS**

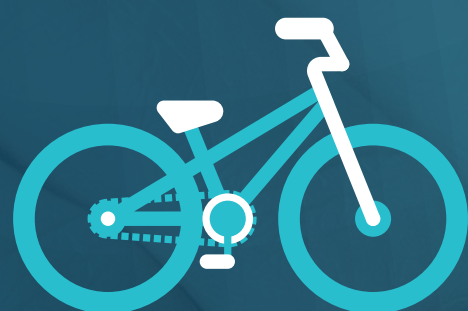
1 DAY: TREAT
YOURSELF TO
A MOVIE **\$24**



2 DAYS:
TAKE A MATE
TO THE FOOTY



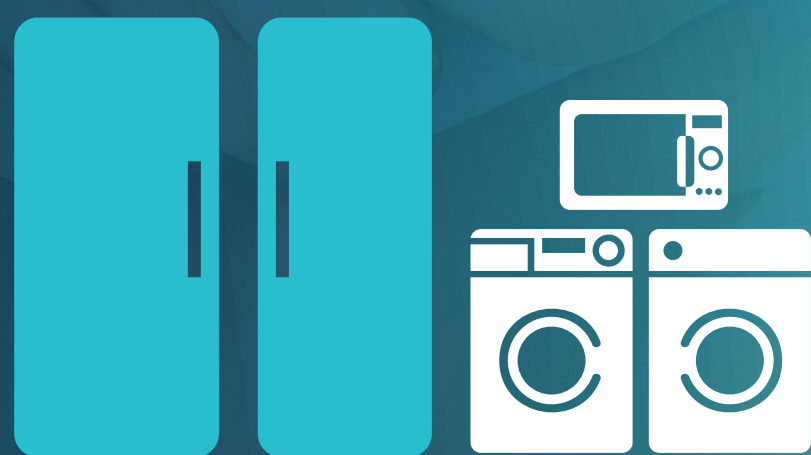
1 WEEK: FAMILY OUT
FOR A NICE DINNER OR
DAY TRIP **\$170**



1 MONTH: FAMILY
WEEKEND AWAY
OR BUY NEW KIDS
BIKES **\$730**



3 MONTHS: RETURN
FLIGHTS AND
ACCOMMODATION
FOR 2 IN BALI **\$2200**



6 MONTHS: NEW FRIDGE, FREEZER,
MICROWAVE, WASHING MACHINE,
AND CLOTHES DRYER **\$4400**



1 YEAR: NEW 75" TV, SOUND
BAR, COFFEE MACHINE, AND
LOUNGE SUITE **\$8800**

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