

Nicotine Replacement Therapy (NRT) is a medically approved way to take nicotine without smoking.

Within a day of quitting tobacco your body can take in and use oxygen more easily.

Smoking causes cancer, heart disease, stroke, diabetes, lung & eye diseases.

There is no evidence for many stop-smoking techniques e.g. hypnotherapy, detox in water bath.

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Smokers have poorer blood circulation and they may feel that their hands and feet feel cold.

Smoking rates are higher within the LGBTIQ+ community.

Smokers are more likely to lose their teeth and suffer gum disease.

There has never been a report of a nicotine patch addict.

Non-smokers who live with a smoker are 20 - 30% more likely to develop lung cancer.

Smoking while using Nicotine Replacement Therapy (NRT) is safe.

After 2 - 12 weeks of quitting smoking, you have a lower risk of heart attack.

Smoking kills more people than alcohol.

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Non-smokers report feeling more relaxed and happier than smokers

There is a dramatic improvement in blood circulation when you stop smoking.

Tobacco smoke & nicotine harm both mother and baby during pregnancy.

15,000 Australian smokers die from smoking every year.

Smoking causes premature skin ageing and wrinkling.

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Not everyone puts on weight when they stop smoking, some people are more active because they can breathe better.

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Tertiary smoke is the deposit of harmful chemicals onto clothes, skin and other surfaces.

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Smoking causes erectile dysfunction.

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E-cigarettes and cigarettes are not safe for heart patients, the nicotine fills rapidly constricts blood vessels.

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Put a nicotine patch on just before bed to reduce morning nicotine cravings.

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Not smoking during pregnancy is the easiest way to prevent many complications for mum and bub.

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Nearly 6 of 10 smokers start before the age of 18 and almost all start smoking by age 26.

After 12 months of not smoking, your risk of heart disease is down to almost half that of a smoker's.

2 out of 3 current smokers will die from a smoking related disease if they don't quit.

Cutting down may lead to inhaling smoke deeply. Use NRT when cutting down to reduce nicotine dependency.

Patches and gums are covered by the Pharmaceutical Benefits Scheme.

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Quit smoking a pack-a-day and save \$15,000 every year.

Smoking "weak" cigarettes can be more harmful than smoking full strength cigarettes.

After 2 - 12 weeks of quitting tobacco, your lung function has improved.

Trillions of cigarette butts are thrown into the environment every year!

Take a selfie, stop smoking for a week, take another selfie and compare the two, your skin will look fresher.

Handwriting practice lines for the first card.

Date:/...../.....

Tobacco use is not part of our Culture.

Handwriting practice lines for the second card.

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Nicotine does not cause cancer.

Handwriting practice lines for the third card.

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When you stop smoking your immune system improves.

Handwriting practice lines for the fourth card.

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Handwriting practice lines for the fifth card.

The more you smoke, the more alcohol you drink.

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Handwriting practice lines for the sixth card.

Quitting by 45 avoids over 90% of unnecessary smoking related Cardio Vascular Disease, DVT or stroke.

Your resting resting heart rate slows down 40 minutes after you stop smoking.

Handwriting practice lines for the seventh card.

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Pregnant women must talk to their doctor before using Nicotine Replacement Therapy.

Handwriting practice lines for the eighth card.

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Nicotine is half its strength after about 40 minutes in the body.

Handwriting practice lines for the ninth card.

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Our Culture is stronger without tobacco.

Handwriting practice lines for the tenth card.

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Tobacco is the leading cause of preventable death in our Aboriginal and Torres Strait Islander community.

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Smoking is responsible for about 85% of lung cancers.

Handwriting practice lines for the twelfth card.

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Nicotine is a colourless, odourless chemical produced naturally by the tobacco plant to kill leaf eating insects.

The heart recovers quickly after quitting tobacco.

Tobacco is the leading cause of preventable death in our Aboriginal and Torres Strait Islander community.

Smoking is responsible for about 85% of lung cancers.

Meet your friends in places that you can't smoke e.g. the beach.

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As nicotine wears off it can make you very edgy, nervous and aggro. NRT helps with those nicotine cravings.

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It's against the law to smoke in the car with children.

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Smoking relieves the stress of nicotine withdrawal not the stress of life.

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After 2 - 12 weeks of quitting tobacco exercise, is much easier.

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Counselling & tobacco cessation medicines are good, safe ways to reduce tobacco use. Call the Aboriginal Quitline, **13 78 48**.

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After 2 - 12 weeks of quitting tobacco, your circulation has improved.

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After 12 hours of not smoking, oxygen levels in your blood have improved.

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Youth relate to peers they see as leaders & imitate their actions; friends or siblings who smoke influence others to smoke.

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Not everyone gets addicted to nicotine & that's an inherited characteristic.

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Nicotine patches work really slowly and do not increase blood pressure.

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E-cigarettes and vaping are harmful.

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You cannot overdose on Nicotine Replacement Therapy.

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Nicotine Replacement Therapy contains small amounts of nicotine & will not cause heart disease.

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Use NRT patches when you smoke. It will lower your dependence on the nicotine in cigarettes

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Learning to live life without smoking takes time but the Aboriginal Quitline, **13 78 48**, can help you.

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After quitting tobacco, your sense of taste and smell improves.

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Put nicotine patches on lean parts of the body to help with nicotine absorption..

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Smoking just a few cigarettes a day is harmful!

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If you are a smoker & thinking about becoming pregnant, see your doctor about tobacco cessation medication.

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Within 48 hours of quitting smoking, your senses of smell and taste begin to return to normal.

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Chew nicotine gum slowly then rest the gum next to your cheek.

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Quitting smoking at any age results in major & immediate health benefits.

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Almost all nicotine is out of your system 12 hours after you stop smoking - this is why you get withdrawal symptoms.

Cigarettes have extremely high levels of nicotine in each puff, making them very addictive.

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4 - 6 cigarettes per day doubles the risk of death from cardiovascular and respiratory disease.

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Talk to your doctor or AMS about how smoking, and quitting smoking might affect your medication.

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Children can find it harder to quit than adults and can experience worse withdrawal symptoms.

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3 months after quitting smoking, your blood will thin out to healthy levels.

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Nicotine leaves your body completely after one day of not smoking.

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Smoking raises your blood pressure and heart rate the instant you smoke.

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Smoking makes it harder to get pregnant.