

STOP SMOKING START REPAIRING

In 1 week

your sense of taste
and smell improves

In 1 month

better blood flow is
improving your skin

In 3 months

your lung function
has increased 30%

In 5 days

most nicotine is
out of your body

In 8 hours

excess carbon
monoxide is out
of your blood

In 12 months

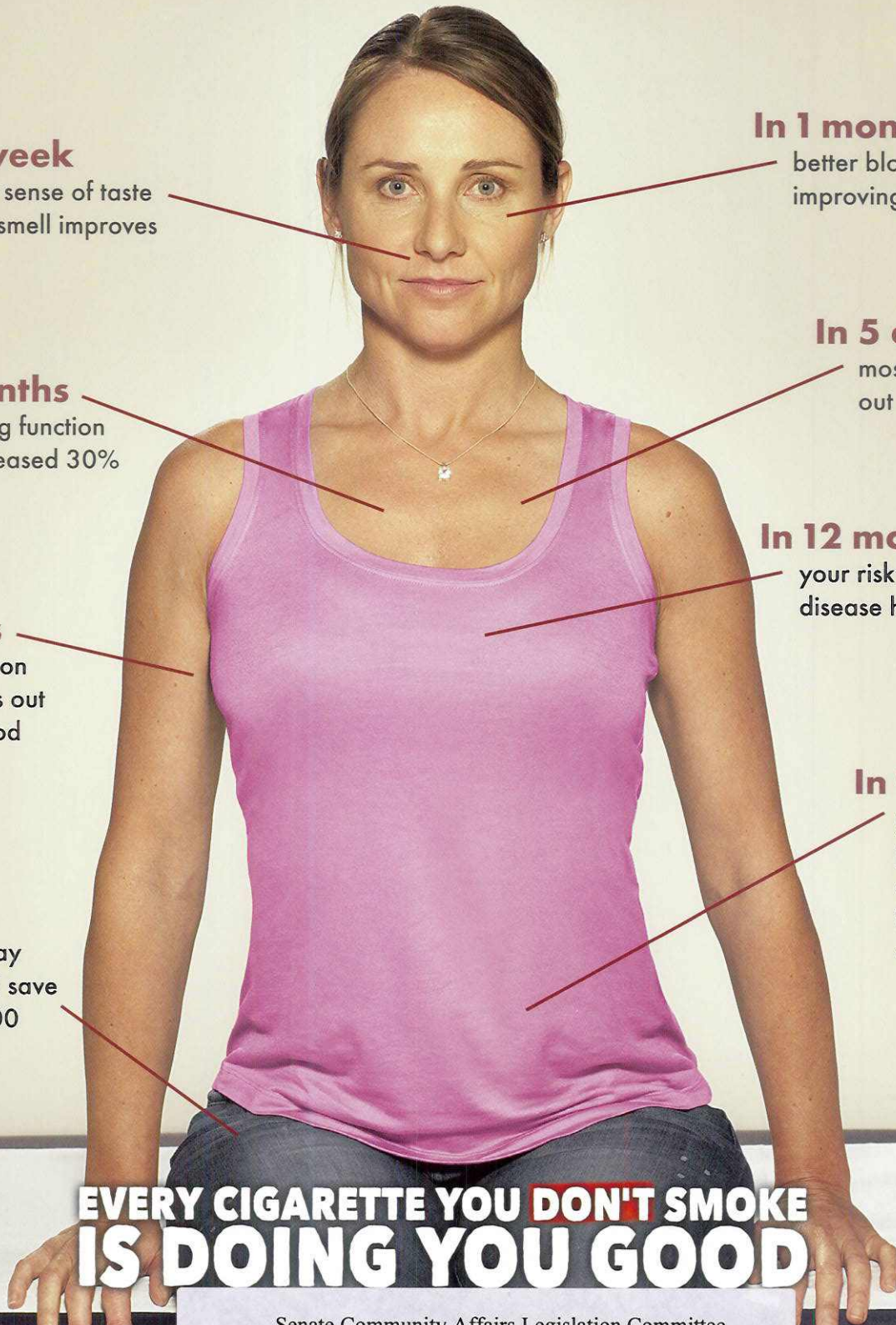
your risk of heart
disease has halved

In 1 year

a pack-a-day
smoker will save
over \$4,000

In 9 months

your risk of
pregnancy
complications
is the same
as a non-smoker



**EVERY CIGARETTE YOU DON'T SMOKE
IS DOING YOU GOOD**

Senate Community Affairs Legislation Committee
Additional estimates 2010-2011
DoHA

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Quitline 13 7848
australia.gov.au/quitnow



Australian Government

National Preventive Health Agency

STOP SMOKING START REPAIRING

In 1 week
your sense of taste
and smell improves

In 5 years
your risk of a stroke has
dramatically decreased

In 3 months
your lung function
has increased 30%

In 12 weeks
your lungs regain the
ability to clean themselves

In 8 hours
excess carbon
monoxide is out
of your blood

In 12 months
your risk of heart
disease has halved

In 1 year
a pack-a-day
smoker will
save over
\$4,000

In 5 days
most nicotine
is out of
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\$16 A PACK ISN'T ALL SMOKERS COUGH UP

Coughing up blood
can be the first sign
of lung cancer



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