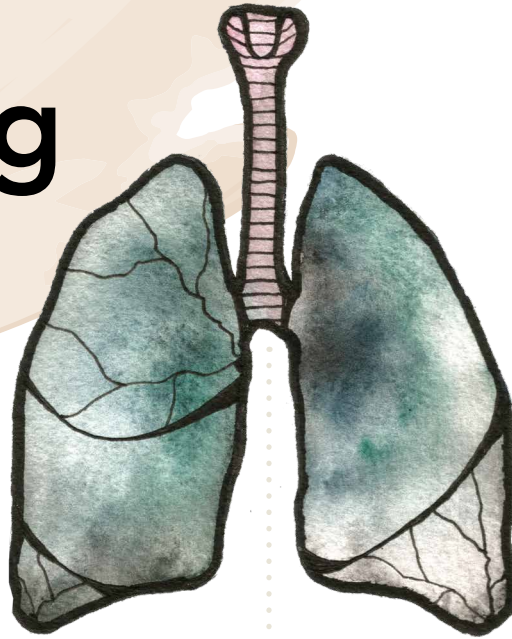


# Smoking



### Why is smoking harmful?

Smokes, ciggies, durries, darts (cigarettes) are addictive because they have nicotine inside of them.

When you light up a cigarette, you breathe in more than 4,000 dangerous chemicals and get trapped in your lungs.

These chemicals are similar to ones found in everyday items, like:

- Nail polish remover
- Rat poison
- Rubber cement
- Lighter fluid
- Car exhaust fumes.

Having these chemicals in our bodies is very unsafe.

### What can happen to smokers?

The most well-known illness caused by smoking is lung cancer.

But smoking also raises the risk of other diseases, such as:

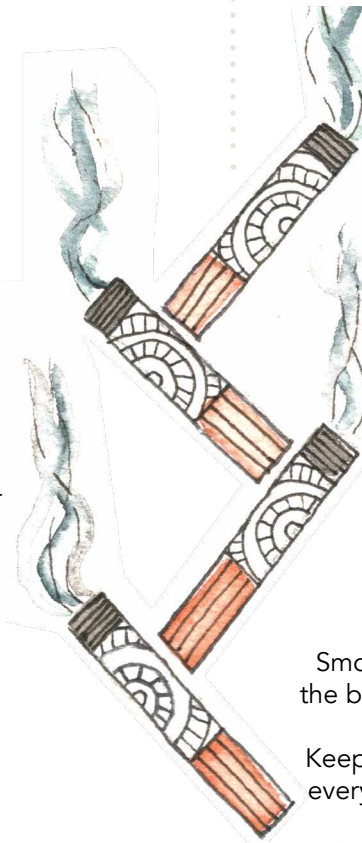
- Other cancers – especially mouth, nose and throat cancers

Keeping your home and car smoke-free helps everyone stay healthy, safe and happy. Quitting smokes allows your body to recover, even after the first couple of hours. If you're feeling ready to quit or if you want to know more about quitting have a yarn to your GP or healthcare worker.

- Heart disease
- Strokes
- Problems with blood circulation leading to things like leg ulcers that are slow to heal
- Lung disease – like emphysema and COPD

Smoking can also make other lifelong diseases like diabetes, asthma and heart disease worse because cigarettes harm nearly every organ in the body.

Quitting smokes allows your body to recover, even after the first couple of hours.



### How does smoking affect others?

Smoking near other people is called 'second hand smoking' and when you breath in that smoke you're exposed to harmful chemicals. This smoke can stick to clothing, hair and furniture which also exposes people to the harmful chemicals even if you're not smoking around them.

Babies and children are very sensitive to second hand smoking, and living in smoky environments can make them sick with:

- Lung problems – like asthma, bronchitis and bronchiolitis
- Croup
- Ear, nose and throat infections
- Growth problems.

Smoking while you're pregnant is very harmful for the baby and can make the baby small or come early.

Keeping your home and car smoke-free helps everyone stay health, safe and happy.

When you're ready to give up the smokes, your GP or healthcare worker will yarn with you about how they can best support your journey to being smoke-free.