



TIPS FOR QUITTING



- Be motivated and stay motivated. Quitting is hard, so stay strong!
- Have a quit buddy or someone to support you.
- Get support from your family and friends.
- Try using Nicotine Replacement Therapies (patches, gum etc). You may be able to access NRT for free at your Aboriginal Medical Service!
- Get busy, stay occupied.
- Eat healthy and stay active. Look after your body!
- Download the My QuitBuddy app.
- Call QuitLine on 13QUIT (Aboriginal and Torres Strait Islander counsellors available.)
- Visit your local AMS for help.

If you have been thinking about giving up the smokes, now is a great time to get support from your local Aboriginal Medical Service.

Find yours at www.deadlychoices.com.au



SMOKING DURING PREGNANCY

Aboriginal and Torres Strait Islander mothers are 3 times more likely to smoke during pregnancy than non-Indigenous mothers.

Approximately 51% of Indigenous mothers smoke during pregnancy.

Dangers

Smoking during pregnancy can lead to:

- Low birth weight
- Premature birth
- Miscarriage
- Stillbirth
- SIDS.

There are also risks for children later in life:

- Hearing problems
- Type 2 diabetes
- Poor diet
- Obesity
- Asthma and other respiratory diseases.

TOBACCO IS HIGHLY ADDICTIVE AND QUITTING IS HARD!

What can you do?

- See your local Aboriginal Medical Service for help to quit.
- Avoid smoking in cars and homes, especially when there are children present.
- Encourage and support friends and family to attempt quitting.

Myth busting

Some people believe that smoking leads to an easier birth or that cutting down on the smokes is good enough. These are both myths!

Useful resources:

- Quit for you, quit for two
- QuitLine: 13QUIT
- www.quitnow.gov.au
- Your local Aboriginal Medical Service (visit www.iuth.org.au to find yours)

If you have been thinking about giving up the smokes, now is a great time to get support from your local Aboriginal Medical Service.

Find yours at
www.deadlychoices.com.au

