

# TOBACCO

Tobacco smoke contains more than 4,000 chemicals – including at least 60 that we know cause cancer.

It's time to make the Deadly Choice to quit smoking.

## Smoking leads to:

- Cancers, including lung, mouth larynx, and kidney
- Coronary heart disease
- Respiratory diseases
- Stroke
- A range of other serious health conditions.

## Why we smoke:

- Emotions (stress, anger, unhappiness, frustration)
- Social pressure/cultural norms
- Habit
- Addiction.

## By the numbers:

- Pack-a-day smoking costs over \$10,000 a year.
- Smoking is the main cause of preventable deaths in Australia, causing about 19,000 deaths annually.
- Approximately 41% of Aboriginal and Torres Strait Islander peoples over the age of 15 are current daily smokers.
- Smoking causes 20% of all Aboriginal and Torres Strait Islander adult deaths.

## What can you do?

- Sign the pledge to make your car and home deadly, Smoke-Free Spaces.
- Avoid smoking in cars and homes, especially when there are children present.
- Visit your local Aboriginal Medical Service and have a yarn with the tobacco champion, who can help you access free Nicotine Replacement Therapy and support to help you quit.

## Useful resources:

- QuitLine: 13QUIT
- My QuitBuddy: [www.quitnow.gov.au](http://www.quitnow.gov.au)
- Your local Aboriginal Medical Service (visit [www.iuih.org.au](http://www.iuih.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](http://www.deadlychoices.com.au)**