

QUITTING WHAT'S IN IT FOR YOU?

- Your health will improve and you will have more energy to keep up with your kids.
- You reduce the risk of getting sick from cancer, heart disease and other illnesses.
- You will have more money. If you smoke 20 cigarettes a day, you will save around \$3,000 in a year.
- You will set a great example to your kids and reduce the chance they will take up smoking later on.
- Men who smoke are more likely to develop problems with getting or maintaining an erection, due to the effects of smoking on the blood vessels of the penis. Also, they may have less healthy sperm. Quitting smoking can help prevent these problems.



For advice or practical help



quittas.org.au

Quitline advisors are very experienced and skilled at helping and supporting smokers who want to quit. Our website has a number of resources to assist you in quitting.

This could be the start of you quitting for good.

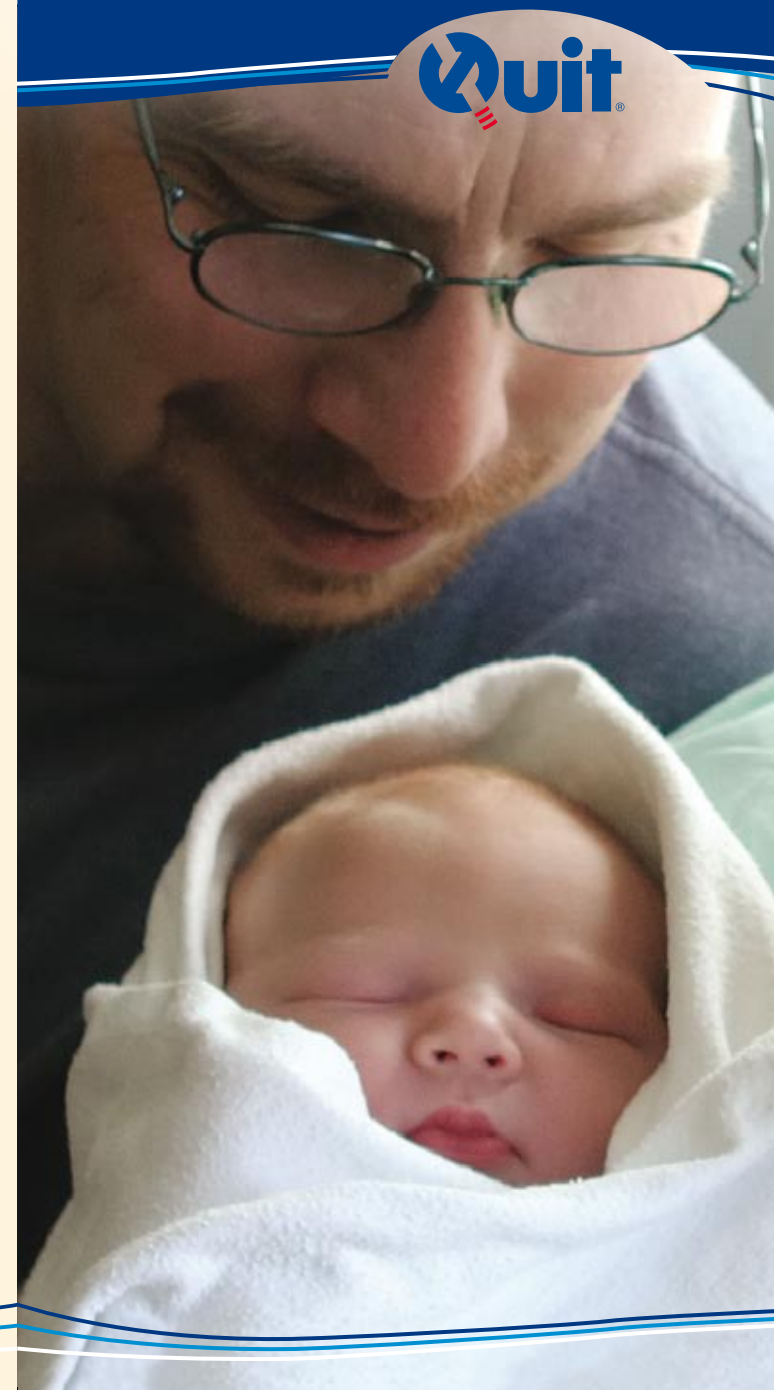
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Important news for fathers who smoke



We all know that it's dangerous for a woman to smoke when she's pregnant.

But it's also dangerous if a pregnant woman who doesn't smoke, has a partner who does.

She will be breathing in tobacco smoke. This is called passive smoking.



Why is passive smoking so dangerous for babies?

A pregnant woman provides all the food a baby needs during the pregnancy. Everything she eats, drinks and breathes, including tobacco smoke, affects her and the baby.

The more time a pregnant woman spends with someone who is smoking, the more smoke she inhales. The baby is not protected from smoke in the mother's womb.

Smoking around a pregnant woman may affect the baby's growth and reduce the baby's birthweight.

After the birth, smoking by the mother or father around the baby can result in ear or chest infections and asthma.

A baby exposed to tobacco smoke by the mother or father has a higher risk of dying from cot death.

What can you do?

If you smoke and your partner is pregnant, you can do something.

First of all, think about quitting – for yourself and your family. Reading this brochure is a good start. When you're ready, there is help available.

If you don't feel ready to quit, you can still help to protect your baby by not smoking inside your home or car, or around your partner. It is also important that after the birth, you do not smoke near your baby.

What if your partner smokes too?

If your partner smokes and is pregnant you should encourage her to quit. You can have a big influence on her. It's important that she quits smoking for herself and the baby.

If you smoke it will make it harder for her to quit, so you may want to give her some moral support and give up too. If not, try to smoke outside and don't leave your cigarettes where she can easily find them. Give her the best chance to succeed.

