

quit **now**

you can do it!

Smoking is a strong addiction which is a challenge to kick, and lesbians and bisexual women smoke at a higher rate than heterosexual women.

The 2004 SWASH survey showed lesbian and bisexual women's smoking rate is 34% compared with 25% for heterosexual women.

Many of the places where lesbians socialise revolve around alcohol, drugs and smoking such as bars, clubs and dance parties. It can be hard to quit smoking in this environment, and if you crave cigarettes and can not last longer than an hour without wanting to smoke, you are probably addicted to nicotine. Most smokers are chemically, habitually and emotionally addicted, but with planning, practice and new skills you can overcome smoking addiction.

You don't have to quit smoking on your own

There are many ways of getting help to stop smoking:

QUITLINE 13 78 48 for telephone support by professional advisors seven days a week (Monday to Friday 7am-11pm, Saturday and Sunday 9am-11pm)

www.quitnow.info.au provides information about current Quit Smoking campaigns.

www.quit.org.au provides tips, support and information and also offers *Will Power*, an interactive desktop pop-up reminder.

www.thequitcoach.org.au is a website which offers personalised advice to help you quit, stay that way or decide whether you will give it a try.

Using nicotine replacement therapy increases your chance of staying quit by 80%. A pharmacist can assist you to choose the most suitable replacement method.



www.acon.org.au

ACON LESBIAN HEALTH PROJECT

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become
more

kissable

quit **smokingnow**

feel healthier

A smoking cessation group is one way which can assist your planning and give you strategies to become a non-smoker.

Health benefits of quitting

Within a month your blood pressure returns to its normal level and your immune system begins to show signs of recovery.

After twelve months your increased risk of dying from heart disease is half that of a continuing smoker.

After ten years of stopping your risk of lung cancer is less than half that of a continuing smoker and continues to decline (provided the disease is not already present).

After fifteen years your risk of heart attack and stroke is almost the same as that of a person who has never smoked.

Personal benefits of being a non-smoker

- There are more non-smoking potential girlfriends than those who smoke, and many non-smokers would prefer their partner not to smoke. Increase your chances!
- Your sense of taste and smell will be revived making those intimate moments even more wonderful.
- Fresher hair and breath will make you much nicer to be near.
- Your fitness will improve and lovemaking could become more energetic.
- Your hands will look far more attractive without nicotine stains.
- White, stain-free teeth will make your smile dazzling.
- You will retain a youthful glow much longer, and have far less wrinkles when older.
- With the money you save you will be able to travel more or take up a new hobby you didn't think you could afford.
- You will feel relieved of the stress and burden of always having to make sure you have cigarettes with you and keeping up the supply.

Women's business

- Women who quit smoking have less painful periods than current smokers.
- Women who quit will have less menopausal symptoms and quitting results in menopause starting later.
- Quitting as early as possible will reduce the risk of bone density loss in older women.

Quitting Tips

- Ask a friend who has quit to be your personal support person for a few months.
- Let your girlfriend, family, friends and workmates know you are trying to quit and enlist their support.
- Call the lesbian friendly Quitline 13 78 48.
- Attend a smoking cessation group. Quitline can advise you about locations of groups.
- When tempted, spend time in non-smoking places like the movies, shopping centres and theatres.
- Keep out of the way of other people's second-hand smoke.
- Take care when drinking alcohol as too much can weaken your resolve to quit. To give yourself the best chance of success going out to smoky bars and clubs might be best avoided for a while.
- Congratulate yourself every day you haven't smoked, perhaps with a reward.
- Work out how much money you are saving and book a holiday treat in advance.
- Throw out your smoking paraphernalia – ashtrays, lighters etc.
- Use your 'smoke break' to do a short relaxation exercise or spend time with a non-smoking colleague.
- Try and increase your level of exercise.
- Break routines where smoking has become a strong link, such as reading the newspaper and having a cigarette, or when talking on the phone.

become wealthier