

Smoking costs you a lot of things

...your health, time with the kids, time with mates, time at work – but one of the most surprising facts about smoking is how much it takes out of your back pocket. The average Australian male smoker has 16 cigarettes a day, amounting to about \$5,800 a year. So quitting now means that less of your take-home pay will end up in smoke.

As well as that extra cash, you get the most important benefit of quitting for you and your family - your health. It's never too late to quit, and you'll start to notice the health and financial benefits straight away.

After one day of not smoking

The average smoker pockets about \$15. You could treat yourself to lunch or buy your favourite magazines.

The health benefits after one day include:

- Most of the nicotine is cleared from your body
- Your heart rate slows to a normal rate and your blood pressure is more stable
- Your finger tips are warmer

After two days of not smoking

You've saved \$30. You could go to the movies, the footy or cricket, or treat yourself to lunch.

The health benefits after two days include:

- Your skin, hair and breath smell fresher.
- There is less carbon monoxide in your system meaning more efficient lungs.

After one week of not smoking

You've got an extra \$110 in your pocket. You could take someone to dinner, go to a gig, or buy a few books.

The health benefits after one week include:

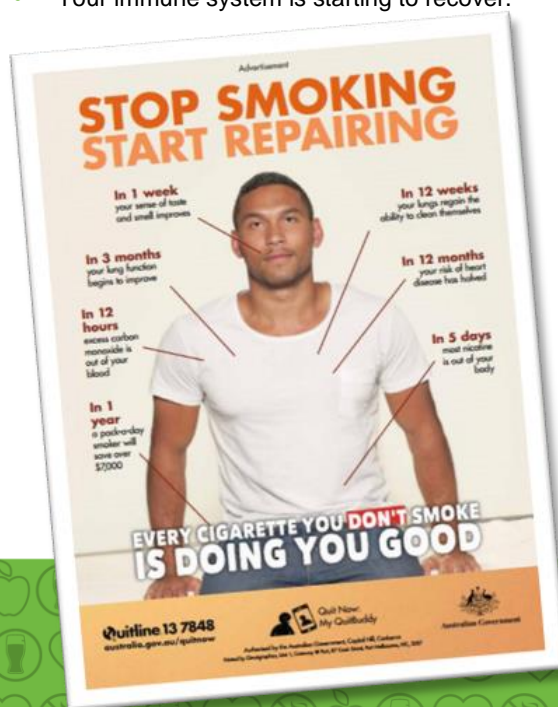
- The small hair-like structures that clean your lungs, called cilia, are starting to work better.
- You have higher blood levels of protective antioxidants, such as vitamin C.
- Your sense of smell and taste may improve.

After one month of not smoking

You've saved \$450. You could go away for a weekend, cover your monthly petrol costs, or get some new clothes or gadgets.

The health benefits after one month include:

- Your lungs are working more efficiently.
- Exercising is easier.
- Your immune system is starting to recover.



After three months of not smoking

You've saved over \$1,350, enough for a new computer or TV. After six months, you've got over \$2,700 to spend. You could take your family for a holiday in Queensland or buy two return tickets to London or the United States.

The health benefits after three to six months include:

- You're likely to cough and wheeze less, and cough up less phlegm.
- Blood flow to your fingers and toes improves.
- Your body is better at healing cuts and wounds.
- You may feel less stressed or in a better mood than when you were smoking.

After one year of not smoking

You've saved \$5,800, enough for an around-the-world plane ticket, new furniture, or a lump sum off your mortgage or onto your super.

Your lung function continues to improve and your small airways are healthier than if you had kept smoking. The health and financial benefits of quitting continue as the years go by. Your chances of conceiving a baby improve as smoking can cause impotence in men and a lower chance of conceiving in women.

Within two to five years, your risk of heart attack and stroke is substantially reduced. You've also saved between \$11,000 and \$27,000.

HEALTHY
WORKERS
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After 10 years, your risk of lung cancer is less than half that of a smoker and continues to decline (provided the disease is not already present). You've also saved almost \$54,000.

After 15 years, your risk of coronary heart disease and stroke is nearly the same as a lifetime non-smoker. You've also saved \$81,000.

So...what have you got to lose?

It is important to find a quitting strategy that best suits you - you'll feel more in control of your quitting attempt. There are free resources available to help you through, and your efforts will be more than rewarded.

Quitline: A telephone information and advice or counselling service for people who want to quit smoking. Call 13 78 48.

Quitnow.gov.au: Full of useful information and resources to support you to quit.

My QuitBuddy: A personalised app to help you on your journey to become smoke-free.

For more information

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Email: healthyworkers@sa.gov.au
Web: www.sahealth.sa.gov.au/healthyworkers

If you require this information in an alternative language or format please contact SA Health on the details provided above and every effort will be made to assist you.



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SA Health acknowledges the valuable contribution of the Freemasons Foundation Centre for Men's Health (University of Adelaide) to the development of this leaflet.

Kick the butts, keep the cash!

