

YOU & YOUR HEALTH

SMOKING AND YOUR HEALTH



The facts

- Smoking increases insulin resistance and blood glucose levels
- smoking damages your heart, nerves, blood vessels, eyes, kidneys and feet. If you have diabetes the risks are further increased
- If you stop smoking, your risk reduces
- smoking can cause teeth, mouth and gum disease
- smoking increases erectile dysfunction
- smoking increases visible signs of aging (wrinkles).

How can I quit?

The **Quitline** provides counseling over the phone.

The number is **13 1848**. You can ring for the cost of a local call at any time. Your doctor can also give you support and refer you to other services.

Some tips to help

Plan ahead for a day to quit. Then do the four D's:

- **DELAY** smoking
- **DEEP** breaths
- **DRINK** water
- do something else.

**Keep a smoke free home
and workplace.**

For further information call

1300 136 588



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