



Workplace *Wellness* Program

Stop - smoking is harming those you love

Did you know the tobacco smoke you exhale also does damage to the people around you?

Second-hand smoke or passive smoking increases cancer risk in non-smokers, such as your partner, children and other loved ones.

Tobacco smoking is the largest single risk factor for most types of cancer. Lung cancer is the fourth most commonly diagnosed cancer in Queensland for both men and women. However, tobacco smoking also increases your risk of other cancers, such as mouth, oesophageal and stomach cancer. Quitting smoking is a hard thing to do, but when you are ready to quit, it is one of the best things you can do for your health and the health of your family.

According to the World Health Organisation (WHO) **smoking kills 6 million people each year** (more than 3400 in Queensland alone!) of which **600,000 are non-smokers** and these figures are set to rise to an estimated 8 million by just 2030.

Join the QUEST to quit smoking!

Tools to support quitting include interactive websites, such as www.icanquit.com.au and the 'My Quit Buddy' iPhone app. 'My Quit Buddy' is a personalised interactive app with quit tips, motivational messages and reminders. My Quit Buddy can be downloaded free of charge from the Apple iTunes online store.

You can also access **free** resources for your workplace to use to make the healthy choice the easy choice by visiting www.quest.org.au

Want to create a smoke free home? Click here for some tips.

When you are ready, there are many Queensland services available to help you quit smoking. For more information and support, contact the **Quitline 13 QUIT (13 7848)** or talk to your GP or another health professional.

In our next edition we'll take a look at the effects smoking has on your fitness levels.

This information was reproduced from information available from Cancer Council Queensland's QUEST program – quest.org.au or available from Cancer Council Queensland's website – cancerqld.org.au.



