

Why you smoke

Physical

Your body wants nicotine and has cravings and withdrawal.



Habits

You link activities with smoking.



Emotional

You link feelings with smoking.



Quitline (13 7848) can help you find ways to cope without smoking.

Your doctor can also support you to quit.

For some women, nicotine medications such as the lozenge or gum can help.

Talk with your doctor before using nicotine medications or other products to help you stop smoking.

What is Quitline?

- We are a free stop smoking telephone support service.
- We care and we don't judge.
- We listen and give support suited to your needs.
- We can help you before and after you stop smoking.
- Your call is private and confidential.

Call the
Quitline 13 7848
quit.org.au

Find us on:    



**Pregnancy
and
smoking**





You can protect your unborn baby by stopping smoking.

At Quitline (13 7848), we have helped many pregnant women to stop smoking. We can help you, even if you don't quite feel ready to stop just yet.

We will listen and give you support suited to your needs.

The toxins from smoke go everywhere your blood flows.

Smoking in pregnancy increases the risk of:

- miscarriage
- babies being born before 37 weeks
- complications during birth
- low birth weight, so babies are more likely to have infections and other health problems
- babies with weaker lungs
- Sudden Unexpected Death in Infancy (SUDI).



Make your car and home smokefree.

Babies who breathe in secondhand smoke have a greater risk of:

- SUDI
- wheezing, asthma
- serious chest illnesses
- middle ear disease which can damage hearing.