

## Quit smoking

The sooner you quit smoking, the more you cut your cancer risk. It is never too late. About one in five deaths from cancer are due to smoking. More than 10,000 Australians get a cancer related to smoking every year.

Smoking causes cancer of the lung, mouth, nose, nasal sinus, throat, voice box, ovary, bowel, ureter, bladder, liver, kidney, oesophagus, pancreas, tongue, cervix, bone marrow (myeloid leukaemia) and stomach.

Even if you don't smoke, breathing in other people's cigarette smoke can make your chances of getting cancer higher. Avoid second-hand tobacco smoke.

All Victorian bars and clubs are now smoke-free, as well as the indoor areas of restaurants and workplaces.

### Tips

- Call the Quitline on 13 78 48. An advisor can help with advice and send you a free Quit pack.
- Visit the website [quit.org.au](http://quit.org.au) for advice and information on quitting. You can also use the Quit Coach. This is an Internet coach with advice for your situation.
- People who get coaching and use quitting medications have the best chance of quitting
- Practice saying 'thanks, but I don't smoke' in case you're offered a cigarette.
- Think of yourself as a non-smoker.