



**QUIT SMOKING
SPECIAL**

How we did it!

From cold turkey to high-tech apps, these women reveal how they finally kicked the habit



**Ready,
set, quit!**

I quit on New Year's Day after 16 years of lighting up. I was smoking 30 cigarettes a day, but if I was out with friends in the evening, I'd often smoke another packet too.

I'd tried lots of things in the past, including prescription medication, but with little success. I gave up cold turkey this year and finally succeeded.

I think it worked this time because I gave myself two months to mentally prepare and enjoy cigarettes beforehand.

My advice to others would be to make sure you have some time to work up to quitting.
Jac Bowie, 33, Bowral, NSW.

After six years of smoking 15 cigarettes a day, I used patches and electronic cigarettes to quit. I also found some of the smartphone apps really useful. My favourite was My QuitBuddy. It even sent me alerts to tell me how long I'd been smoke-free for and how much money I'd saved in that time.

The best thing was proving to all my family and friends that I could do it. Having them hold me accountable along the way really helped too.

The best advice I received was from someone at the Cancer Council. She said, "Never give up on giving up!"

**Camilla Mead, 24,
Nicholls, ACT.**



Enlist support



**Don't stop
believin'**

After someone close to me died from lung cancer, I knew I had to give up my 20-a-day habit.

The day before quitting, my husband and a friend went with me to one of Allen Carr's Easyway to Stop Smoking seminars. After the information sessions, time to smoke outside and think about what had been said, plus some hypnotherapy, I was ready.

To say goodbye to cigarettes, you have to believe it's possible. I did and I haven't missed them!
Robyn Raabe, 53, Mount Riverview, NSW.

At 20, I started smoking as a social activity with colleagues. By the time I gave up last year, I was smoking around 30 a day.

I used nicotine patches to quit. It didn't work for me the first time, but eventually I was able to stick to my goal. I also found an app called Since iQuit to be really helpful.

To be successful, you have to want to quit, so make sure you're doing it for you and not to please someone else. I believe if I can give up, anyone can!

**Lyn Noske, 59,
Traralgon, Vic.**



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The good news

If you're thinking of quitting, here are a few reasons to give it a go

QUITTING is always good for your health, regardless of your age. The health benefits are immediate and your risk of contracting a smoking-related disease reduces drastically.

Did you know:

• **After just 12 hours,** nearly all of the nicotine

is out of your system.

• **Within one month,** your blood pressure should be back to its normal level and your immune system should start to show signs of recovery.

• **After a year,** your increased risk of dying from heart disease is half that of

a continuing smoker.

• **Within two to five years** of quitting, there is a large drop in your risk of heart attack and stroke.

• **After 15 years,** your risk of stroke is almost the same as someone who has never smoked.

