

Congratulations

You're one step closer
to **not smoking**



Now that you've been referred to the Quitline, you are joining thousands of other people who have been supported by Quitline counsellors to stop smoking.

Quitline counsellors understand that quitting can be tough and will make sure their support meets your needs. This service is confidential and the best thing – it's free.

What happens next?

A friendly Quitline counsellor will telephone you in the next few days. They can answer any questions you have, offer tips and support, and will ask for information about your smoking to work out a plan that's right for you. This call typically lasts 10–20 minutes.

You can also:

- ask for an interpreter
- ask to speak with an Aboriginal Quitline counsellor
- decide if you'd like a Quitline counsellor to continue supporting you with another call.

In case you miss the call from Quitline or don't hear from them within a week:

- call Quitline directly on 13 7848, or
- contact your referring eye health practice to follow it up.

In the meantime,
visit quit.org.au to learn
more about quitting.

 **Quitline 13 7848**

There are many benefits to stopping smoking, including eye health benefits:

6
ways quitting will benefit you

- 1** Your eyes are not exposed to tobacco smoke any more, which helps prevent or slow down further damage.
- 2** You reduce your risk of vision loss from age-related macular degeneration and cataracts.
- 3** You protect the eyes of the people around you from secondhand smoke.
- 4** Your immune system improves and your body becomes better at fighting infection. This can mean less coughs, chest infections and flu.
- 5** Within a few months, most people feel less stressed than when they were smoking.
- 6** Financial benefits. When you quit smoking you'll have more money in your pocket.

Remember, see your eye health professional straight away if you notice any changes to your vision.

Keep attending your regular eye examinations because around 90% of blindness and vision loss is preventable or treatable, if detected early. You can **reduce** your risk of **vision loss** by stopping smoking.

EYE CARE PRACTICE DETAILS

