

QUITTING SMOKING AND WEIGHT GAIN



Quitting smoking is one of the best things you can do for your health. However, many people report putting off quitting due to fears of gaining weight.

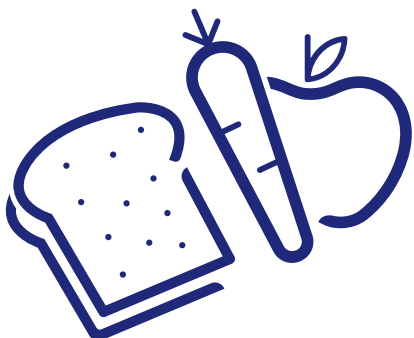
Will I gain weight if I quit?



- Some people may gain weight after quitting smoking, however it is often temporary.
- By quitting smoking you lower your risk of heart disease and other smoking-related health conditions, even if you gain some weight.
- Don't let fear of temporary weight gain stop you from quitting!

Why can weight gain happen?

The nicotine in cigarettes causes your body to use up energy faster. When you stop smoking, this process slows down and this can cause some weight gain.



Your sense of taste and smell, as well as your appetite start to improve. This is a welcome result of quitting but may cause you to eat more.

Benefits of quitting

As soon as you quit smoking, your health improves. It continues to improve for many years after, even if you do gain weight. Some of the benefits of quitting smoking on your health include:



Less chance of getting heart disease and cancer



Increased life expectancy



Your sense of taste and smell come back



Fitness levels improve



Healthier skin and hair

Tips to manage weight gain

It is important to focus on quitting smoking before you think about weight management, but there are a few things you can do to help lessen weight gain when quitting:

- 1** Be aware of times when you crave a cigarette or food and keep some healthy snacks with you, like unsalted nuts, a piece of fruit or sugar-free gum.
- 2** Choose healthier foods like vegetables, fruit, lean meat, fish, eggs and beans and wholegrains. See the Australian Guide to Healthy Eating.
- 3** Swap alcohol and sugary drinks for water and sugar-free drinks. See our recent blog for some 'sip smarter' tips!
- 4** Do more exercise, e.g. going for regular walks.
- 5** Use nicotine replacement therapy (NRT) or other smoking cessation medications available from your doctor to assist in managing nicotine withdrawal symptoms.

Thinking about quitting?

- Talk to your doctor about the most suitable options to help you quit.

- [Call the Quitline \(13 QUIT - 13 7848\)](#): Quitline is a free and confidential telephone service providing customised assistance to help with your quit attempt. There are also Aboriginal and Multilingual Quitline advisors including Arabic, Chinese and Vietnamese.

- [iCanQuit website](#): Explore the iCanQuit website to explore relevant resources, stories and to join a free, supportive quit community.

- [My Quit Buddy App](#): Download the app for quit tips, facts and to chart your progress.

For more information, contact us:
tacklingtobacco@cancersa.org.au

