



“I SMOKED FOR 38 YEARS.  
I DIDN'T WANT TO END  
UP IN HOSPITAL AGAIN”

#### Meet Ray

Ray started smoking at 15, and decided 38 years later that enough was enough. “I tried to quit lots of times,” he says. “Not only have I felt better and had more energy, but it’s also saved me money.” But the benefits extend well beyond saving a few thousand dollars a year.

#### Support and advice

For Ray, the realisation that his life could well be cut short – taking him away from family and loved-ones – meant the difference between trying to quit and staying smoke-free for good. You can do it too, by talking to a doctor, calling the Quitline or visiting the iCanQuit website.

#### What will it take?

Ask yourself what you would quit for. “The reality is it’s allowed me to spend more time with my kids and grandkids,” says Ray. “After 38 years of smoking, I didn’t want to end up in hospital again.”

What will YOU  
quit for?



cancer  
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