



SHN

www.ash.org.uk

www.givingupsmoking.co.uk

0800 169 0 169
Smoking Helpline
NHS Pregnancy

0800 169 0 169
NHS Smoking Helpline

0800 085 6037
Local Information

Specialist Practice Nurse in smoking cessation

Lynn Williams – 01728 602022
For further support and advice contact



Thinking about giving up smoking?



WE WANT TO HELP YOU



Further professional help

If you need further help Nicotine Replacement Therapy is effective, especially if withdrawal symptoms are troublesome. Nicotine gum, sprays, patches, tablets and inhalers are available. Using one of these roughly doubles the chance of success in smoking people who really want to stop. A pharmacist, GP or practice nurse can advise about these.

Medication called bupropion (known as Zyban) also roughly doubles the chance of success. It helps to reduce the symptoms of nicotine withdrawal. It may be prescribed to you by your GP if you are determined to stop but are finding it very difficult.

Our practice nurse, Lynn Williams offers regular clinics on smoking cessation.

See the back of this booklet for details of who you can contact for further support.

Smoking can also effect your bones, and studies have shown that it can accelerate bone loss in women. Women who smoke were 40% more likely to suffer a hip fracture than non smokers.



Tips on stopping smoking

Stopping smoking is not easy. Withdrawal from the nicotine in cigarettes can cause symptoms such as nausea (feeling sick), headaches, anxiety, irritability, craving and just feeling awful. These may last for several weeks. Do persevere if they occur as they gradually subside and most people soon feel a lot healthier. If you have tried before and failed, don't despair. People who keep trying often succeed. Below are some tips that may help with stopping smoking.

- Write a list of why you want to stop and keep it with you. Refer to it when you are tempted to light up.
- Set a date for stopping and stop completely.
- Tell everyone. Friends and family can support you.
- Get rid of ashtrays, lighters and all cigarettes.
- Be aware of the situations in which you are most likely to want to smoke (e.g. the pub) and change your routine. If you are most likely to smoke when you drink tea or coffee, try drinking mainly fruit juice or water.
- Take one day at a time. Mark off each successful day on a calendar. Look at it when you are tempted and tell yourself you don't want to have to start again. Most people find the first few days difficult but things will typically start to get better after the third or fourth day.
- Be positive. Tell people that you don't smoke. You will smell better and after a few weeks you should feel better, taste your food more and cough less.
- As your appetite improves, many people worry about gaining weight. The average weight gain is 2kg. Anticipate a weight gain and try to eat healthy snacks. Try sugar free gum or fruit.
- Don't despair if you fail and have a cigarette. You don't have to start smoking again. Examine the reasons why, pick yourself up and try again. You will be stronger next time.

What is in tobacco smoke?

Cigarette smoke contains over 4,000 chemicals. As well as tar and nicotine, there is carbon monoxide, ammonia and arsenic. **At least 50 of the chemicals are known to cause cancer of the throat, mouth, bladder and kidneys.**

NICOTINE is a powerful drug, which acts as a stimulant and is responsible for your dependence on tobacco. Nicotine releases adrenaline, which raises your heart rate and blood pressure. Nicotine narrows your arteries, which is made worse by the build of fatty substances in the walls of your blood vessels **increasing your chance of a heart attack.**

CARBON MONOXIDE is a gas present in tobacco smoke, and it attaches itself to your oxygen carrying blood cells. The reduced oxygen in your body causes you to be breathless, and **over time your airways will swell up allowing less air into your lungs.**

TAR itself is not a single substance, but is the collective name for the many chemicals that form the thick sticky residue of tobacco smoke. The **tar coats your lungs and increases your chances of lung cancer.** Changing to a lower tar cigarette does not help because you will inhale the tobacco smoke more deeply into your lungs.

It's never too late to give up. After 5 years of giving up the risk of a heart attack is halved and within 10 years it's the same as a non smoker.



The health benefits of giving up

20 minutes	Blood pressure and pulse rate return to normal. Circulation improves in hands and feet.
8 hours	Oxygen levels in blood return to normal and chance of a heart attack start to fall.
24 hours	Carbon monoxide is eliminated from the body. Lungs start to clear out the debris.
48 hours	Senses of taste and smell are greatly improved. The stale smell of smoke on your breath and clothes disappear.
3 months	The lung function increases so you can breathe more easily and the nagging cough disappears. The risk of further gum disease has reduced and tooth staining begins to disappear.
9 months	The risk of experiencing complications during pregnancy has reduced to the level of a non-smoker.
18 months	Your lungs have completed their task of clearing out the residual tars and poisons in your lungs.
5 years	The probability of contracting mouth, throat and oesophageal cancer has been reduced by 50%.
10 years	The risk of lung cancer falls to about half that of a smoker. The risk of a heart attack falls to about the same as someone who has never smoked.
20 years	If you used to smoke 20/day you have now saved £33,000 at today's prices.

The financial benefits of giving up

	1 DAY	1 WEEK	1 MONTH	1 YEAR	5 YEARS	10 YEARS
5 CIGARETTES	£1.15	£8.05	£35.65	£419.75	£2,098.75	£4,197.50
10 CIGARETTES	£2.30	£16.10	£71.30	£839.50	£4,197.50	£8,395.00
20 CIGARETTES	£4.60	£32.20	£142.60	£1,679.00	£8,395.00	£16,790.00
30 CIGARETTES	£6.90	£48.30	£213.90	£2,518.50	£12,592.50	£25,185.00
40 CIGARETTES	£9.20	£64.40	£285.20	£3,358.00	£16,790.00	£33,580.00
60 CIGARETTES	£13.80	£96.60	£427.80	£5,037.00	£25,185.00	£50,370.00

Giving up smoking has immediate and long term benefits

Smoking changes the way you look, it makes your hair and skin look grey and washed out, it can stain your teeth and nails, gives you wrinkles before your time and makes your breath smell.

