

Quitting smoking



Healthy Lifestyles

Quitting smoking

It's NEVER too late to quit!

Stopping smoking at any age will increase your life expectancy. Quitting smoking is healthier for you and your family.

- It's the **single most powerful way** of improving your health and living longer
- You will save money – around £250 a month for a typical 20 a day smoker
- You will improve your breathing and general fitness
- You will no longer smell of stale tobacco and your skin and teeth will look better

WHY IS IT IMPORTANT?

Every cigarette you smoke is harmful.

- Smoking is the biggest cause of preventable deaths in England, accounting for more than 80,000 deaths each year.
- One in two smokers will die from a smoking-related disease.
- Smoking doubles your risk of having a heart attack or dying from a stroke or coronary artery disease.
- Smoking causes 84% of deaths from lung cancer and 83% of deaths from chronic obstructive lung disease, including bronchitis.
- Smoking causes more than 93% of mouth and throat cancers and increases the risk of stomach and kidney cancer.

The more support you get the more likely you are to be successful at quitting.

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Did you know, 80% of smokers state they wish they had never started smoking and 70% state they wish to stop?

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Step 1:

Stock up on nicotine replacement products

Step 2:

Set a date to stop:

Step 3:

Don't let any minor set backs ruin your aim - think positively - you **CAN** stop smoking for good.

1 month smoke free
Congratulations!

Seven smoke free days!
Great - Keep going!

MAKE A CHANGE

Why not try some of these ideas?

- Try nicotine replacement products or medication. A range of products are available including patches, gum and inhalers.
- Set a date for stopping smoking. Choose a stress-free day a few weeks in the future. This gives you a day to aim for and time to prepare.
- Try to avoid situations you associate with smoking.

FIND OUT MORE

Stop Smoking Support

Visit **One You** for more information about stopping smoking and start the fight back to a healthier you. Take the **One You** online health quiz and see how you score.

Further information on stop smoking and stop smoking treatment is also available at **NHS Choices**, plus information about stop smoking in pregnancy and advice to help you stop smoking without putting on weight.

Stopping smoking is possible – there are over 11 million ex-smokers in the UK

If you would like face to face support, there is local eligibility criteria in place. Please call **01432 383567** for further information or if you would like to find out whether you are eligible for this support.

E-cigarettes

An estimated 2.9 million adults in Great Britain currently use e-cigarettes and of these, 1.5 million people have completely stopped smoking cigarettes. They carry a fraction of the risk of cigarettes and can be particularly effective when combined with extra quitting support.

- Let friends and family know you are quitting smoking so they can support you
- Try Quit Smoking applications for your desktop or iPhone/iPad Touch



If you would like more information on the different ways you can adopt a healthier lifestyle, look out for our other leaflets:

- Physical Activity
- Healthy Eating/ Healthy Weight
- Drinking Alcohol Sensibly
- Mental Wellbeing
- Sexual Health
- Dental Health

You can find copies of all our leaflets, along with more information on healthy lifestyles at:

www.herefordshire.gov.uk/health-improvement

If you need to get online, our county's libraries offer free computer and internet access at most sites.

For more local information about staying healthy visit:

www.wisherefordshire.org

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