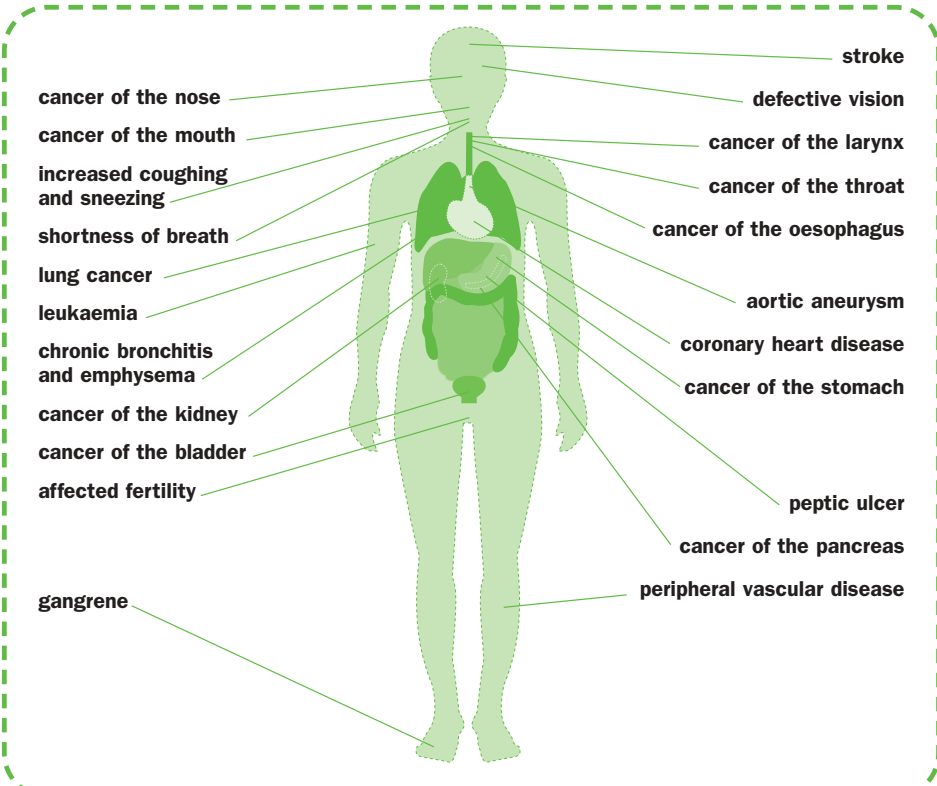


There are many serious and fatal diseases caused by smoking. Smoking can increase the incidence and severity of everyday complaints, such as coughing and shortness of breath on exertion.

**The diagram below shows what smoking does to your body.**



Smoking is the greatest single cause of illness and premature death in the UK. Each year smoking kills 120,000 people, compared to 5,000 in road accidents. Thirteen people die each hour because of smoking.

**NHS Smoking Helpline 0800 169 0 169**



**Don't give up giving up.**

If you have any questions call the NHS Smoking Helpline on

**0800 169 0 169**

textphone 0800 169 0 171

*There's more help available than you think.*



**Need help giving up smoking?**



**www.givingupsmoking.co.uk**

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**Don't give up giving up.**

# Fancy a fresh start?

Stopping smoking is the greatest single step you can take to improve your health and life expectancy.

Once the daily intake of carbon monoxide and other poisons stops, the body can begin to repair the damage done by smoking.

## As soon as you give up:

### Time stopped Benefits

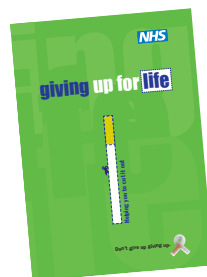
<b>20 minutes</b>	Blood pressure and pulse return to normal. Circulation improves, especially to hands and feet.
<b>8 hours</b>	The oxygen level in your blood increases to a normal level. Chances of a heart attack start to fall.
<b>24 hours</b>	Carbon monoxide leaves the body. The lungs start to clear out mucus and debris.
<b>48 hours</b>	Nicotine is no longer found in the body. Senses of taste and smell improve.
<b>72 hours</b>	Breathing becomes easier. Energy levels increase.
<b>2–12 weeks</b>	Circulation improves throughout the body. Walking and exercise become easier.
<b>3–9 months</b>	Breathing problems, coughing, shortness of breath, and wheezing improve. Lung efficiency increases by 5–10%.
<b>5 years</b>	Risk of having a heart attack falls to about half that of a smoker.
<b>10 years</b>	Risk of lung cancer falls to around half that of a smoker. Risk of a heart attack falls to about the same as someone who has never smoked.

**Stopping before middle age avoids more than 90% of the health risks of smoking.**

# You don't have to rely on willpower alone

Increase your chances of giving up smoking for good. Call the **NHS Smoking Helpline** on **0800 169 0 169**.

Lines are open from 7am until 11pm. Senior advisers are there from 10am until 11pm to listen, support, advise and give information on all the help that's available.



Ask for '**Giving up for life**' – a booklet packed full of great tips and new information on how to give up smoking.

## Local help

There is help near where **you** live too.

Find out where by calling the **NHS Smoking Helpline** on **0800 169 0 169** or visit the website:

[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

## Worried about nicotine cravings?

There are treatments available on prescription which can increase your chance of success.\* Getting help from the **NHS Smoking Helpline** could increase that chance further.



Remember, your **doctor, practice nurse** or **pharmacist** can also help. Ask them about nicotine replacement therapy and bupropion.

## Worried about weight gain?

Some people put off the decision to give up smoking because they worry about weight gain. Once you have stopped smoking, you will find it easier to lose any extra weight and if you eat sensibly and keep as active as possible, weight gain can be controlled.

\*National Institute for Clinical Excellence Guidelines 2002