



HEALTH INFORMATION

Smoking cessation

Quitting is the best thing you'll ever do. Stopping smoking can make a drastic improvement to your lifestyle and health in ways you might not expect.

Once you stop smoking, some of the benefits are immediate and some are longer-term benefits

After 20 minutes - Blood pressure and pulse rate return to normal.

After 8 hours - Nicotine and carbon monoxide levels in blood reduce by half and oxygen levels return to normal.

After 48 hours - Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris.

After 48 hours - There is no nicotine in the body. Ability to taste and smell is greatly improved.

After 72 hours - Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

After 2-12 weeks - Your circulation improves.

After 3-9 months - Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.

After 5 years - Risk of heart attacks falls to about half compared with a person who is still smoking.

After 10 years - Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.

For you

- You will save money - the average smoker has 13 cigarettes a day, which works out as 364 cigarettes a month. That's £141 a month and £1,696 a year that you could be saving by not smoking.
- Your sense of taste will return and you will enjoy the taste of food more.
- Your breathing and general fitness will improve.
- The appearance of your skin and teeth will improve.
- You'll be more confident in social situations because you won't smell of stale smoke any more.
- Your fertility levels will improve, along with your chances of having a healthy pregnancy and baby.