

Smoking



There are **over 5,000 chemicals in a cigarette**. These chemicals increase your risk of chest, heart and stroke illnesses.

Smokers are 2 times more likely to have a heart attack as non-smokers.

It's **never too late to quit**.

E-Cigarettes

NICHS recognises that existing smokers may use e-cigarettes to try and cutdown and/or quit smoking. However, in the absence of proper regulation and robust research around the effectiveness and safety of e-cigarette use, NICHS recommends that smokers use currently approved cessation programmes, products and medicines approved by the Public Health Agency.

For more information on how smoking affects your health, and for free advice on quitting, visit www.nichs.org.uk

QUIT TODAY

www.stopsmokingni.info
Text QUIT to 70004 for SMS support