


 A close-up photograph of a hand firmly crushing several cigarettes into a pile of ash on a light-colored surface. The hand is positioned in the upper right, with the fingers curled around the cigarettes. The background is a plain, light color.

Chest
Heart &
Stroke

Smoking

Stopping smoking can have a big positive impact on your physical health and financial wellbeing and it's never too late to quit.

There are over 5,000 chemicals in a cigarette. These chemicals increase your risk of chest, heart and stroke illnesses. Smokers are almost twice as likely to have a heart attack compared with people who have never smoked.

Benefits of Quitting

Every cigarette shortens your life by 5 minutes. If you smoke 11 a day, by quitting you will:

20 minutes	Your blood pressure returns to normal		
8 hours	Nicotine and carbon monoxide levels in your blood are reduced by half		
24 hours	The carbon monoxide is gone from your body	£5.20 SAVED	You've SAVED 55 minutes of your life
48 hours	Your taste improves	£10.40 SAVED	You've SAVED 2 hours of your life
2-12 weeks	Your circulation and lung function improves	£73-£437 SAVED	You've SAVED 14 hours – 3 days 5 hours of your life
1 year	Your risk of a heart attack is halved	£1,907 SAVED	You've SAVED 15 days of your life
5 years	Your risk of a stroke is halved	£9,536 SAVED	You've SAVED 75 days of your life
10 years	Your risk of dying of lung cancer is halved	£19,071 SAVED	You've SAVED 150 days of your life
15 years	Your risk of a heart attack is now the same as someone who has never smoked	£28,607 SAVED	You've SAVED 225 days of your life

Second-hand Smoking

Every time you smoke, you breathe out second-hand smoke. The particles are so small 85% of them are invisible and odourless and they linger for up to 5 hours after your last cigarette. Second-hand smoke contains more than 4,000 toxic chemicals, increasing the risk of illness for others.

When smoking, be mindful of your friends and family in your presence. Keep the environment around them smoke-free.

E-Cigarettes

NICHS recognises that existing smokers may use e-cigarettes to try and cut down 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.

Support for Quitting

You are more likely to quit successfully if you get professional help and nicotine replacements. Check out the following for more information on stop smoking services and support:

- www.nhs.uk/smokefree for a QuitKit
- www.want2stop.info/stop-smoking-services for local Stop Smoking Services
- Text QUIT to 70004 for SMS support

Practical Tips for Quitting

- **Set a quit date and stick to it.**
- **Tell family and friends.**
- **Get rid of all your cigarettes, lighters and ashtrays.**
- **Consider possible triggers, such as a stressful situation or going out with friends, and plan ways to deal with them.**
- **Snack on healthy foods and drinks.**
- **Change your routine.**
- **Keep your hands busy, do a puzzle or craft.**
- **A craving only lasts for 3 minutes so try and distract yourself.**



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