

Do you know what it really costs to smoke?

(Based on £10.66 / pack of 20)

| Cigarettes per day | 1 Day | 1 Week | 1 Month | 1 Year | 5 Years |
|--------------------|--------|---------|---------|-----------|------------|
| 5 | £2.66 | £18.62 | £80.68 | £968.24 | £4,841.20 |
| 10 | £5.33 | £37.31 | £161.67 | £1,940.12 | £9,700.60 |
| 20 | £10.66 | £74.62 | £323.35 | £3,880.24 | £19,401.20 |
| 30 | £15.99 | £111.93 | £485.03 | £5,820.36 | £29,101.80 |
| 40 | £21.32 | £149.24 | £646.70 | £7,760.48 | £38,802.40 |

South Eastern HSC Trust Stop Smoking Service

The South Eastern HSC Trust Stop Smoking Service has an excellent record in helping local smokers to quit. Three quarters of those who used our service last year were quit at 4 weeks. We also know that those who quit for 4 weeks are much more likely to stay quit. So whether this is your first attempt, or you have tried several times before, we know how to help you through the process. So don't delay, take the first step and contact us by phone or email.

Never give up on giving up!

Useful Numbers:

Cancer Focus NI
(028) 9066 3281

Useful Websites:

www.stopsmokingni.info

www.ash.org.uk

www.bhf.org.uk/smoking

Stop Smoking Service



Smoking Cessation Co-ordinator

Contact details:

Ulster, Bangor & Ards Hospitals
(028) 9041 3855

Downe & Lagan Valley Hospitals
07725 218 345

Health Improvement Midwife
07715 044 886

Smoking – The Facts

Deaths from Smoking

- Tobacco kills around 114,000 people in the UK each year. In NI, this figure is 2800/3000. This accounts for 1 in 5 of all deaths.

Cancer

- Nearly 1 in 3 cancer deaths are due to smoking
- 8 out of 10 lung cancer deaths are due to smoking.

Heart Disease

- Smoking increases the risk of heart attack by 2/3 times
- 90% of Peripheral Vascular Disease is caused by smoking. This can result in amputation.

Diabetes

- Diabetics who smoke double their risk of a stroke and increase their risk of a heart attack 4 times.

COPD

- 83% of emphysema/bronchitis are caused by smoking.

Pregnancy - smoking increases risk of:

- Miscarriage 25%
- Stillbirth 40%.

Ingredients in a Cigarette

Cigarette smoke contains over 4000 different chemicals. The chemicals found in cigarettes can also be found in these other products:

- Arsenic (poison)
- Butane (lighter fluid)
- Cadmium (batteries)
- Methane (sewer gas)
- Ethanol (alcohol)
- Formaldehyde (used to preserve dead bodies)
- DDT (insecticides)
- Methanol (rocket fuel)
- Carbon monoxide (car exhaust fumes)
- Nicotine (insecticide)
- Ammonia (toilet cleaner).

Aids to help you Quit:

NRT (Nicotine Replacement Therapy): Patches, gum, nasal spray, inhalator, microtabs, lozenge, quickmist, strips.

Champix – a 12 week course of treatment which does not contain nicotine.

Health benefits of stopping smoking

Time related benefits:

| | |
|------------|--|
| 20 mins | Blood pressure and pulse return to normal |
| 8 hrs | Nicotine and carbon monoxide levels in blood are reduced by half, oxygen levels return to normal |
| 24 hrs | Carbon monoxide will be eliminated from the body |
| 48 hrs | There is no nicotine left in the body |
| 3 - 9 mths | Coughs, wheezing and breathing problems improve as lung function increases |
| 1 year | Risk of a heart attack falls to half that of a smoker |

Further benefits:

- Improved sense of taste and smell
- More energy
- Clearer, less irritated eyes
- Feeling more relaxed
- Wake up feeling better
- Fewer allergy and sinus problems
- Improvement in existing problems such as asthma, diabetes and emphysema
- Improved complexion.