



**Doctors
Clinic
Group**



I will stop smoking

Effects and Giving up

Effects of smoking

Smoking causes numerous diseases and health problems some of which can be fatal. In the UK one person dies from a smoking related disease every 4 minutes.

What are the effects?

Smoking causes 80% of all lung cancer deaths as well as:

- Heart disease
- Bronchitis
- Strokes
- Stomach Ulcers
- Leukaemia
- Gangrene
- Other cancers e.g. mouth and throat cancer

Smoking can also worsen colds, chest problems like bronchitis and emphysema, allergies such as hay fever and when you exercise you may feel short of breath or wheezy. It also causes other unpleasant side effects like:

- Damaged taste buds
- Ageing of the skin and wrinkles
- Stained teeth
- Bad breath
- Discoloured finger tips and nails



Smoking while pregnant

Smoking while pregnant not only damages your health but can also harm your baby. Smoking during pregnancy has been linked to:

- Premature birth
- Low birth weight
- Cot death
- Miscarriage
- Breathing problems and wheezing in the first six months of life

Second hand smoke

Breathing in other peoples smoke is called second hand smoke or passive smoking. You cannot see or smell 85% of second smoke, however it is a dangerous cocktail of over 4000 chemicals, including 69 cancer causing chemicals.

Breathing in second hand smoke can cause some serious health risks:

- It can increase the chance of getting lung cancer by 24%
- It increases the risk of heart disease by 25%
- Your chances of asthma are doubled

Breathing in second hand smoke makes the blood stickier and the risk of developing a blood clots is increased. This clot can potentially block an artery and cause heart attacks, strokes, angina or complete heart failure.

Children exposed to second hand smoke are twice as likely to develop chest illnesses such as:

- Croup
- Pneumonia
- Bronchitis and Bronchiolitis
- Childhood Asthma
- Children are more likely to get ear infections and tonsillitis

Giving up smoking

You have to want to give up smoking to increase your chances of being successful. Add up how much you spend in terms of money on cigarettes in a year. You may be surprised at how much money you could save. To be ready to stop smoking you need to address any problems or excuses.



Common excuses you may use:

- It's too late the damage is done
- I will put on weight
- Smoking helps me cope with stress
- I don't have any will power
- Worries about withdrawal
- I'd rather cut down gradually
- It's not the right time for me to give up smoking

The risks of smoking build up over time, the sooner you stop the better, As soon as you give up the risk of serious disease goes down.

Did you know that your body will start to recover just 20 minutes after becoming smoke free? Your health will start to restore itself incredibly quickly.



Time stopped	How your health is restored
20 minutes	Blood pressure and pulse return to normal, circulation improves
8 Hours	Oxygen levels return to normal
24 hours	Carbon monoxide leaves the body. The lungs start to clear out mucus and debris
2-12 weeks	Circulation improves, walking and exercise get easier
1 year	Your risk of heart attack falls to about half that of a smoker
10 years	Your risk of lung cancer falls to about half of that of a smoker
15 years	Your risk of heart attack falls to the same as someone who has never smoked

Tips for getting through the first few days

Take one day at a time

- Set SMART goals. Rather than thinking about how you will give up for life, just get through a day at a time
- If you need to do fiddle with something chew gum or play with a pencil for example, anything but a cigarette
- Try eating fruit or drinking juice when you feel like a cigarette
- Be sensible with alcohol, a few drinks may make you forget you have given up
- Congratulate yourself as every day without smoking is an achievement, and remember to be kind to yourself

Don't give up giving up

- If you do succumb to smoking again make tomorrow the day you start giving up again. Reflect on the reasons why you had that cigarette and think how you can stop the situation happening again
- You may find nicotine replacement products helpful but always check with your doctor before using nicotine products
- Think about your reason WHY. This will help you to continue your journey even when motivation is running low

For further information, please call us on

> 020 3993 9834

www.londondoctorsclinic.co.uk



Bank Chambers, 2nd Floor,
6-10 Borough High Street, London, SE1 9QQ

