

Department of Respiratory Medicine

Stop Smoking



Who Will Support Me?



You can be referred to **Hertfordshire Stop Smoking Service**.

You are **FOUR** times more likely to give up with support than doing it alone.

Hertfordshire Stop Smoking Service offers a free service:

- ◆ Behavioural support
- ◆ 1 to 1 or group support
- ◆ Carbon monoxide monitoring
- ◆ Variety of prescription medication
- ◆ Ongoing encouragement
- ◆ Telephone support during the first year of quitting.

You can refer yourself OR you can ask a member of staff to refer you .

You can refer yourself to the service by calling:

0800 389 3 998 or

Text **`Smokefree`** to **80818** or

Online via

www.hertsdirect.org/stopsmoking



Lister Hospital is a smoke free site and smoking is not permitted on hospital grounds.

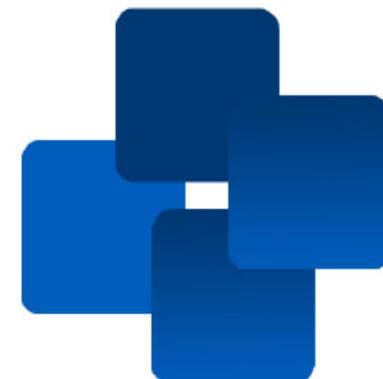
If you are a smoker you can be prescribed medication whilst you are in hospital to help with any cravings whilst you are unable to smoke on site. Please discuss the options with your doctor.

**For further information contact the
Respiratory Specialist Nurses:
Lister Hospital - 01438 285621**

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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What's in a cigarette?

We all know smoking isn't good for you, I'm sure you've heard it all before. However, do you really know why it isn't good for you and what it does to your body?

Cigarettes include 4,700 + ingredients which include:

Embalming Fluid
Toilet Cleaner
Carbon Monoxide
Polonium
Nicotine

It's no surprise then that inhaling these ingredients leads to so many life limiting conditions:

80% of deaths from lung cancer are caused by smoking.

80% of deaths from bronchitis and emphysema are caused by smoking.

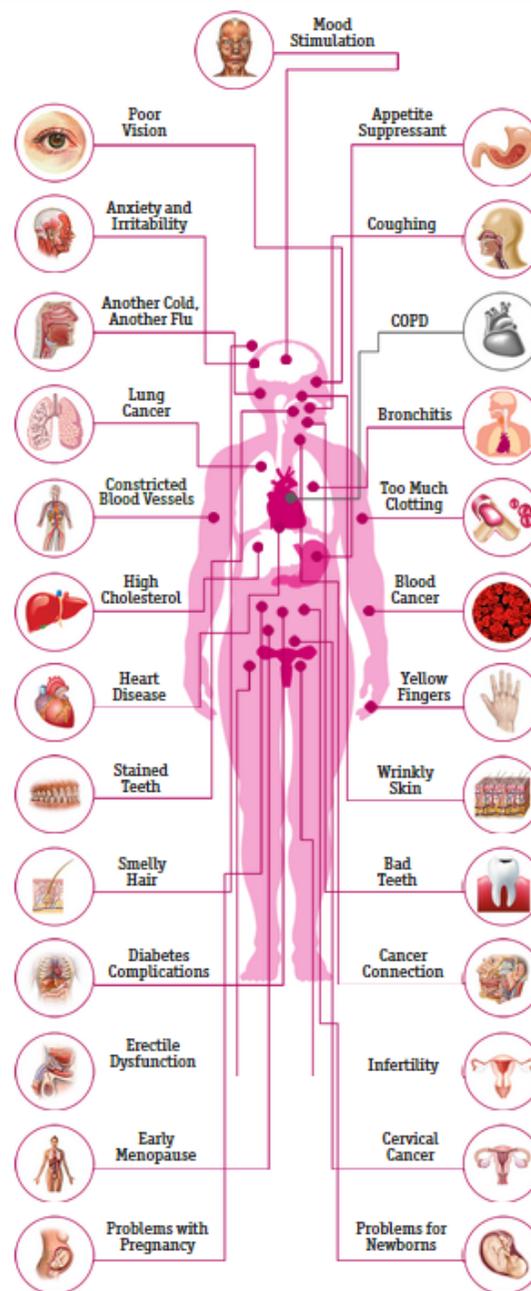
17% of heart disease is caused by smoking.

Not only will smoking affect your health but it can also affect the health of family members by second hand smoking (passive smoking).

It is illegal to smoke in a car (or other vehicle) with anyone under the age of 18. The law changed on 1 October 2015, to protect children and young people from the dangers of second-hand smoke.

There is particular harm of passive smoking to children and people with pre-existing medical problems.

Effects of smoking on the body



Benefits of giving up smoking

20 Minutes - Blood pressure and pulse rate return to normal.

24 Hours - Carbon monoxide is reduced in the body and the lungs start to clear out mucus and other smoking debris.

72 Hours - There is no nicotine in the body. Breathing becomes easier, energy levels increase and the ability to taste and smell is greatly improved.

2-12 Weeks - Circulation improves.

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

5 Years - Risk of heart attack reduces to about half compared to a person who is still smoking.

10 Years - Risk of heart attack falls to the same level as someone who has never smoked.

Financial

Cost of buying a pack of cigarettes over a month could be put towards a holiday or a new car...