

Thinking of stopping Smoking??



Reasons to stop----

- Bad breath
- Bad smell off clothes, hair and skin
- Coughs and sore throats
- Raised blood pressure
- High risk of cancers
- Cost
- Risks of passive smoking to those around you
- Serious breathing problems
- Risk of gum disease
- Risk of stomach ulcers
- Wrinkles
- Risks to unborn babies
- Unfit

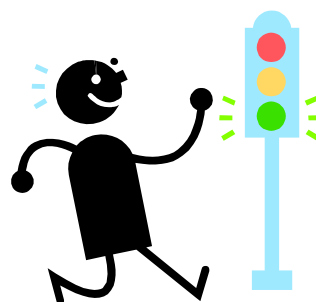


How can I stop??



- Get ready
- Enlist support and encouragement from friends and family
- I identify key times when you smoke so you can avoid temptation – plan changes in routines to help
- Learn relaxation
- Get advice from local surgery about medications that may help
- Find out about local support—stopping smoking clinics etc
- Be prepared for relapse and recovery
- Plan rewards for yourself for each stage of achievement
- List your reasons to stop so you can look at them when tempted
- Pick a date to stopand.....

GO FOR IT!!!!!!



What will happen when I stop??-----

Depends on how many you have been smoking and for how long----how addicted you are.

You may feel cravings

You may feel edgy and have poor concentration

You may cough more at first and have headaches

WHY -These things happen because your body is used to nicotine and are due to nicotine withdrawal—the symptoms are strongest the first few days but will go away after a few weeks.



Benefits of Stopping

- Almost immediately circulation begins to improve and pulse and blood pressure begin to return to normal
- Within a few days sense of taste and smell return
- Breathing becomes easier
- Risks of developing cancer begin to reduce
- Risk of heart attack drops---by 50%
One year after quitting
- Lots more money—(smoking 10 cigs per day for 5 years costs ave £4500)
- Better skin and complexion
- Fresh smelling clothes and breath
- Better for the environment

