

Smoking

Quitting smoking is still one of the biggest things you can do to improve your health and your lifestyle. Whilst people are generally well aware of the effects of smoking on the lungs and heart, they are often less aware of the negative effects on fertility, bones, skin, gums, teeth, the digestive system and stress levels. Smoking affects every part of the body, because the 4,000 toxins are carried through the bloodstream, and the carbon monoxide in smoke reduces oxygen supply.

What might you gain by quitting smoking?

- ✓ More money for you and your family
- ✓ Improved sense of smell and taste, and fresher breath
- ✓ Less stress and anxiety
- ✓ Improved appearance of skin and teeth
- ✓ Cleaner lungs and a stronger heart
- ✓ Improved breathing and better fitness

And you don't have to wait long for the benefits to start once you quit smoking

Time	Effect
20 minutes	Blood pressure and pulse return to normal.
8 hours	Nicotine and carbon monoxide levels in the blood are halved, oxygen levels return to normal.
24 hours	Carbon monoxide is eliminated from the body and the lungs start to clear out mucus and tar.
48 hours	There is no nicotine left in the body. Taste and smell are greatly improved.
72 hours	Breathing becomes easier, bronchial tubes begin to relax, energy levels increase.
2 - 12 weeks	Circulation improves and exercise can be easier.
3 - 9 months	Coughs, wheezing and breathing problems improve.
5 years	Risk of heart attack falls to about half compared to a person still smoking.
10 years	Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.

The financial benefits of stopping soon add up too.

If you smoke **20 cigarettes a day**, you're spending around **£3,100** a year.

How much does smoking cost you?



Cost per day: £ *per day*
 What you spend on smoking per week: £ *per week*
 Multiply by 52 for a cost per year: £ *per year*

If you're thinking about quitting . . .

What are your top **five reasons** for quitting?

1	
2	
3	
4	
5	

How will you treat yourself with the money you save?

QUIT4YOU: FREE LOCAL HELP TO QUIT

Quit4You is the **Island's FREE Stop Smoking Service** and provides practical advice, support and encouragement to anyone who wants to quit.

There are lots of free options available including:

- Clinics in Peel, Douglas, Ramsey & Port Erin
- 1-to-1 appointments
- Specialist advice and support
- Vouchers for Nicotine Replacement Therapy
- Quit4Two pregnancy service

Getting advice and support when you are stopping smoking can really help.

You are 4 times more likely to quit with the help of a stop smoking service.

Call 642404

www.Quit4You.gov.im

tobacco@gov.im

Other useful websites for help to quit:



Isle of Man Government
 Reillys Eilan Vannin

www.smokefree.nhs.uk
 www.nosmokingday.org.uk
 www.canstopsmoking.com

www.quit.org.uk
 www.ash.org.uk
 www.netdoctor.co.uk/smoking

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 www.gov.im/publichealth or www.facebook.com/publichealthiom

