

# Health and wellbeing fact sheet

## Want to Quit Smoking?

Most people know smoking is bad for our health. That smoking can cause lung cancer, as well as many other illnesses such as heart disease, stroke and chronic obstructive lung disease. Quitting isn't easy, so you may find the information within this leaflet helpful to enable you to successfully stop smoking.

### How will my health benefit?

- You will reduce your risk of developing illness, disability or death caused by cancer, heart or lung disease.
- You will protect the health of those around you by not exposing them to secondhand smoke.
- You will improve your fertility levels and your chance of a healthy pregnancy and baby.
- You will improve your breathing and general fitness.
- You will enjoy the taste of food more.

### How will my lifestyle improve?

- You will save money - If you smoke 20 cigarettes a day you are blowing away more than £2,000 a year!
- You will no longer smell of stale tobacco and the appearance of your skin and teeth will improve.
- As a non-smoker, you may even find you get approached more often by potential new friends and partners when out socialising.
- You will reduce the risk of fire in your home.

### Ten steps to quitting smoking:

- 1. MAKE A DATE** and stick to it. Draw up a plan of action, considering what methods are available to you.
- 2. KEEP BUSY** to help take your mind off cigarettes. Throw away all your ashtrays, lighters and tobacco.
- 3. DRINK PLENTY OF FLUIDS** - keep a glass of water or juice by you and sip it steadily. Try different flavours.
- 4. GET MORE ACTIVE** - Walk instead of using the bus or car. Exercise helps you relax and can boost your morale.
- 5. THINK POSITIVE** - Withdrawal can be unpleasant, but is a sign your body is recovering from the effects of tobacco. Irritability, urges to smoke and poor concentration are common - don't worry, they usually disappear after a few weeks.
- 6. CHANGE YOUR ROUTINE** - Try to avoid the shop you usually buy cigarettes. Perhaps you should avoid the pub if there are lots of smokers around you. Try doing something totally different.
- 7. NO EXCUSES** - Don't use a crisis or even good news to be an excuse for "just one cigarette" there is no such thing - you will soon want the next and the next...
- 8. TREAT YOURSELF** - This is important. If you can, use the money you are saving by not smoking to buy yourself something special - big or small - that you usually would not have bought.
- 9. BE CAREFUL WHAT YOU EAT** - Try not to snack on fatty foods. If you do need to snack, try fruit, raw vegetables or sugar free gum or sweets.
- 10. TAKE ONE DAY AT A TIME** - each day without a cigarette is good news for your health, your family and your pocket.

### For further guidance and support contact:

NHS Free Smoking helpline [08000224332](tel:08000224332) or [NHS Smoke Free](http://www.nhs.uk/stopnonsmoking) OR  
Carefirst, our EAP service for health advice on [0800 413666](tel:0800413666)