

# Smoking Cessation

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For advice on "stopping smoking" services available in Leeds, or to access smoking cessation groups contact LSSS (Leeds Stop Smoking Service) on 0800 169 4219 or e-mail [stopsmokingleeds@nhs.net](mailto:stopsmokingleeds@nhs.net)

The practice offers an in-house smoking cessation service, which we hope will be enhanced in 2016.

## Facts and figures on smoking

People do stop smoking - nearly 12 million adults - 26% of the population are ex-smokers. Adult smokers lose on average more than one day of life every week they smoke. Every year in the UK, about 111,000 people die before their time from smoking related diseases, (one every five minutes - the time it takes to smoke a cigarette).

It is estimated that a 35 year old female who smokes can expect to live five years less than a non-smoker while a 35 year old male smoker can expect to live seven years less than a non-smoker.

Out of every thousand people who start smoking when they are teenagers and continue to smoke 20 cigarettes or more a day:

One will be murdered

Six will die in road accidents

250 will be killed before their time by smoking related illness

Passive-smoking: Children of parents who smoke inhale nicotine in amounts equivalent to their actively smoking 60-150 cigarettes per year.

REF: Health Education Authority

## Why stop smoking?

Smoking has many bad effects on your health. Smoking is a major risk factor for heart disease and stroke; it causes lung cancer and other chest conditions. Stopping smoking reduces your risk of heart disease and can increase your life expectancy. It also reduces the risk of your family, who share the same environment, developing smoking-related diseases. If you suffer from angina, have had a heart attack or had coronary-bypass surgery, stopping smoking is one of the most important changes you can make to help yourself towards a more healthy life.

## Preparing to stop

Planning and preparation can help you succeed in quitting smoking. It is important that you want to stop smoking and understand why you need to. Concentrate on the following positive reasons for giving up: 1. Your health and you family. 2. The money you will save. Aim to stop smoking completely rather than cutting down. Tell all your friends, family and workmates that you are giving up so they can support you. Decide what to do instead of having a cigarette. For example, you can chew gum or eat low-calorie food such as fruit.

### **Setting the day**

Decide when you are going to stop. On the day before, throw away all your cigarettes and hide all ashtrays, lighters and anything else connected to smoking.

### **Giving up on the day**

You must not smoke from now on you are now a non-smoker. This will become easier with time.

Don't try to cut down you are likely to smoke more and more until you are smoking as much as you did before.

### **Do not smoke again**

Resist the craving. Be strong because this will usually only last for a few weeks. Think how unpleasant stale smoke or the breath of a smoker smells. Be aware of times of stress, pressure at work or social events, especially when you have a drink. If you do have a cigarette, think why you did. Then try to stop smoking again.