

STOPPING SMOKING

Chest
Heart &
Stroke
Scotland



ESSENTIAL GUIDE

This Essential Guide is about stopping smoking.

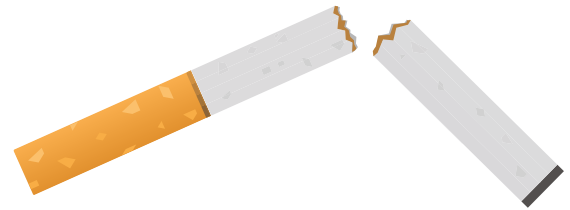
It explains:

- Why smoking is bad for you
- The benefits of stopping smoking
- What you can do to help you stop smoking

Smoking and your health

Stopping smoking is one of the best things you can do for your health. It improves your breathing, your fitness, and your ability to fight off disease.

Stopping smoking reduces your risk of serious health conditions. These include heart disease, chronic obstructive pulmonary disease (COPD), heart attack, stroke and cancer.

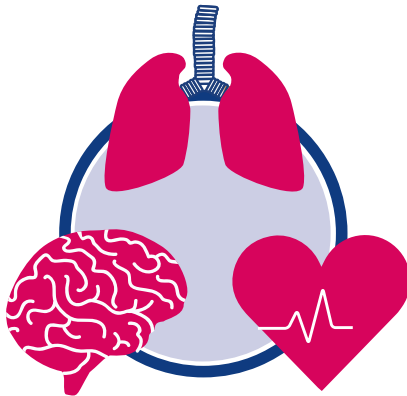


The facts

If you smoke 20 cigarettes a day you are 6 times more likely to have a stroke compared to a non-smoker.

Smoking doubles your risk of having a heart attack.

Up to 1 in 4 long-term smokers will develop chronic obstructive pulmonary disease (COPD).



Smoking and your arteries

Your blood is carried around your body by blood vessels, including your arteries. Your arteries have smooth walls, making it easier for your blood to flow through.

There are **thousands of harmful chemicals** in cigarette smoke. These chemicals make the walls of your arteries rough and sticky. As a result, fatty material in your blood sticks to the walls of your arteries and builds up over time.



Smoking, heart attack and stroke

The build-up of fatty material narrows your arteries and increases your blood pressure and heart rate.

Smoking also makes your blood thicker and sticky. This increases the chance of blood clots forming.

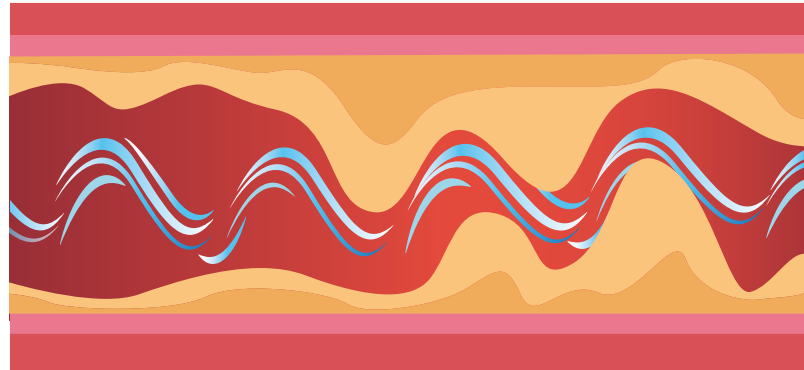
Either one of these can lead to one or more arteries becoming blocked.

If an artery carrying blood to your heart becomes blocked, it can result in a heart attack. If an artery carrying blood to your brain becomes blocked, it can result in a stroke.

Normal Artery (smooth walls, easy blood flow)



Narrowed Artery (rough, sticky walls, restricted blood flow)



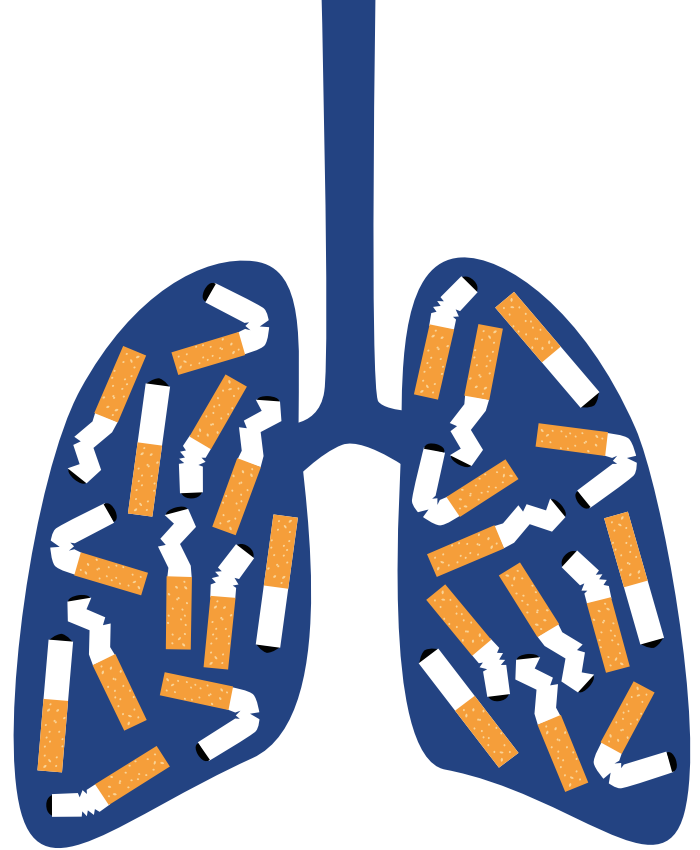
Smoking and your lungs

Smoking increases your chances of developing a serious chest condition.

When you smoke, extra mucus (also called sputum, phlegm or spit) is produced in your lungs. Smoking affects the ability of your lungs to clean out this extra mucus. The mucus builds up in your airways, making you cough.

Cigarette smoke also includes a lot of chemicals, tar, and dust particles, which can build up in your airways over time.

The chemicals in smoke also destroy lung tissue and irritate your airways. As a result, your airways get narrower. This makes it harder to breathe.



Stopping smoking

The benefits of stopping smoking start as soon as you quit.

These benefits include:

- Reducing your risk of developing a serious health condition.
- Saving money – if you smoke 20 cigarettes a day, stopping smoking could save you over £3500 a year. Home, life and car insurance may also be cheaper.
- Protecting your family and friends from ill health caused by second-hand smoke.
- Reducing your children's chances of developing bronchitis, pneumonia, asthma, meningitis and ear infections from breathing in your smoke.

Stopping smoking also improves your:

- Breathing



- Fitness



- Sense of taste



- Breath



- Skin and teeth



- Fertility



What happens when you stop smoking...

- After **20 minutes** your blood pressure and pulse improve
- After **8 hours** the oxygen levels in your blood improve
- After **1 day** your lungs start to clear out mucus and other debris caused by smoking
- After **3 to 9 months** breathing problems improve as your lungs get better



- After **1 year** your risk of heart disease is about half that of a person who is still smoking
- After **5 years** your risk of stroke has fallen to the same as someone who has never smoked
- After **10 years** your risk of lung cancer has fallen to half that of a person who is still smoking
- After **15 years** your risk of heart attack falls to the same as someone who has never smoked

How to stop smoking

- Start planning and prepare to stop. List all your reasons for wanting to stop. Look at the list regularly.
- Plan activities and distractions for when you might feel the need to smoke.
- Work out your smoking habits and be prepared to make changes to your routine.
- Set goals and reward yourself when you get there.
- Set a date to stop.
- Keep a record of how much money you are saving and/or how many cigarettes you have avoided smoking since stopping.
- Pick support that suits you. For example, online help, local support programmes, phone support and family and friends.
- **STAY POSITIVE** and tell yourself that you will succeed! There will be setbacks, but you can always get back on your feet.



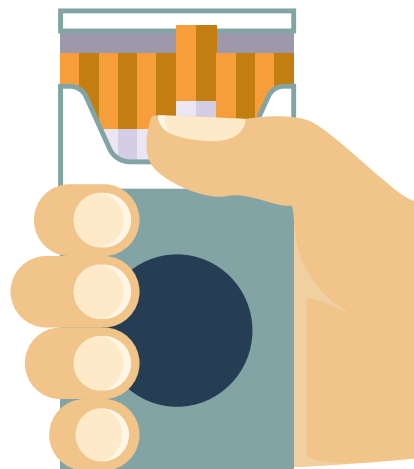
What to expect when you stop smoking

Nicotine in smoke is addictive. When you stop smoking it takes 3 to 4 days for nicotine to fully leave your body.

Be prepared for the first few days to be among the most difficult – you may feel irritable, restless or have a low mood. You may also find it difficult to concentrate or sleep.

The craving for a cigarette usually only lasts 3 to 5 minutes and will pass. Stay strong! These cravings will reduce.

Some people start smoking again after they quit. If this happens it is important to think about why you started again, learn from it and feel positive about trying again. It may take a few tries before you stop smoking for good.



Finding it hard when you first stop is normal but these feelings will pass.

Help to stop smoking

You are 4 times more likely to quit smoking with professional support and medication.

- Free NHS stop smoking services are available across Scotland.
- Your GP or pharmacist can offer help and advice to help you stop. You may be offered medication such as nicotine replacement therapy (NRT).
- If you feel it would be helpful, ask your family and friends for support. This can make a big difference.

For more information about support available in your local area:

- Call **Quit Your Way Scotland** for free on **0800 848 484** (Mon-Fri: 8am to 10pm, Sat-Sun: 9am to 5pm)
- Visit **www.nhsinform.scot/healthy-living/stopping-smoking**
- Speak to the **Chest Heart & Stroke Scotland Advice Line** nurses

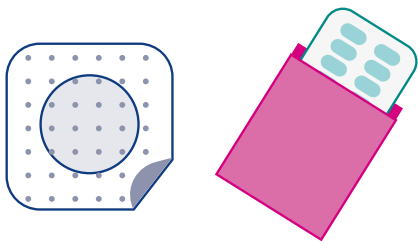


Nicotine replacement therapy (NRT)

To help deal with the symptoms of stopping smoking you may be offered nicotine replacement therapy (NRT). This is available for free through the NHS.

NRT comes in different forms such as skin patches, chewing gum, mouth spray and inhalers. It works by slowly reducing the amount of nicotine in your body, but without the other harmful chemicals found in cigarette smoke.

Speak to your GP, pharmacist or local stop smoking service about NRT.



E-cigarettes


An electronic cigarette (or e-cigarette or vape) is a form of nicotine replacement therapy. E-cigarettes appear to be much less harmful than smoking tobacco. However, they are not entirely risk-free, and they are still addictive.


The long-term effects of smoking e-cigarettes are not yet known.


E-cigarettes are not considered safe for children and young people. If you are pregnant, e-cigarettes are safer than smoking, but the NHS recommends that you use patches or gum instead if you can.




Myths and Facts


 Stopping smoking will make you put on weight - **MYTH**


 Smoking affects your appetite. Some people may feel hungrier when they stop smoking. However, you can avoid putting on weight by making sensible, healthy decisions about what you eat and how much exercise you do - **FACT**

 I'll feel more stressed if I stop - **MYTH**

 Research has found that non-smokers are less stressed than smokers. Smokers have a higher risk of suffering from anxiety and depression than non-smokers. Smoking may feel like it helps you to relax but you are actually adding physical stress to your body - **FACT**


 Rolling tobacco and 'light' cigarettes are better for you - **MYTH**

 There is no one type of cigarette or tobacco that is better for you than any other - **FACT**

 Smoking every now and again is harmless - **MYTH**

 Every cigarette causes harm - **FACT**

 Nicotine causes cancer - **MYTH**

 Nicotine is harmful and highly addictive but does not cause cancer. It is the other chemicals in smoke like carbon monoxide and tar that cause the most harm - **FACT**

Our publications are available for free to anyone in Scotland who needs them. Go to **www.chss.org.uk/publications** for all our resources, including other Essential Guides in this series.

For free, confidential advice and support from our **Advice Line nurses**, call: 0808 801 0899 (Mon-Fri 9.30am-4pm), text: NURSE to 66777 or email: adviceline@chss.org.uk.

Across Scotland, over one million people – that's one in five of us – are living with the effects of a chest, heart or stroke condition. We are here to help everyone who needs us. But we need your support to do this. Go to **www.chss.org.uk/supportus** to find out how you can help more people in Scotland.

If you would like this resource in an alternative format, please contact our Advice Line nurses.

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NO LIFE HALF LIVED

Scottish Charity (no SC018761)