Smoking

Young People
be smoke-free now!
"I’m young and healthy and I only smoke a few cigarettes a day”.

That’s a few too many!

Cigarette smoke contains over 4000 chemicals that can give you a number of illnesses and diseases. Smoking is the greatest single cause of ill health and early death in the UK.

Passive smoking is breathing in second-hand smoke from someone else's cigarette or exhaled smoke. It can cause asthma attacks, coughs, headaches, ear infections, cancer and much more.

Why not stay smoke-free and be healthy, feel fitter and enjoy more money!

Encourage your family and friends to be smoke-free.

Did you know it is now illegal to buy cigarettes or tobacco if you are under the age of 18 years?
What's in a cigarette?

Some of the poisons contained in cigarette smoke

<table>
<thead>
<tr>
<th>Poisons</th>
<th>Found in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon monoxide</td>
<td>Gas in car exhausts</td>
</tr>
<tr>
<td>Tar</td>
<td>Road surfaces</td>
</tr>
<tr>
<td>Nicotine</td>
<td>Pesticide</td>
</tr>
<tr>
<td>Acetone</td>
<td>Nail Polish remover</td>
</tr>
<tr>
<td>Ammonia</td>
<td>Cleaning agent</td>
</tr>
<tr>
<td>Arsenic</td>
<td>Ant killer</td>
</tr>
<tr>
<td>Benzene</td>
<td>Petrol fumes</td>
</tr>
<tr>
<td>Butane</td>
<td>Lighter fuel</td>
</tr>
<tr>
<td>Formaldehyde</td>
<td>Embalming fluid</td>
</tr>
<tr>
<td>Hydrogen cyanide</td>
<td>Gas chamber poison</td>
</tr>
<tr>
<td>Methanol</td>
<td>Rocket fuel</td>
</tr>
<tr>
<td>Toluene</td>
<td>Industrial solvent</td>
</tr>
<tr>
<td>DDT</td>
<td>Insecticide</td>
</tr>
<tr>
<td>Radon</td>
<td>Radioactive gas</td>
</tr>
<tr>
<td>Polonium</td>
<td>Radioactive fallout</td>
</tr>
</tbody>
</table>
Smoking
What it does to your body

cancer of the nose
stroke

cancer of the mouth
impaired vision

increased
bleeding gums

coughing & sneezing & tooth loss

shortness of breath
cancer of the larynx

lung cancer
cancer of the throat

leukaemia
cancer of the oesophagus

chronic bronchitis & emphysema
aortic aneurysm

cancer of the kidney
coronary heart disease

cancer of the bladder
cancer of the stomach

reduced fertility
peptic ulcer

gangrene
cancer of the pancreas

Smoking damages your health... is it worth it?
The longer you smoke the more damage it does.
Cigarettes are made from the dried leaves of tobacco. There are chemicals in the soil and in the manufacture of tobacco that are poisonous.

The three main elements of tobacco are:

Tar - black and sticky substance that coats the lungs.

Nicotine - the addictive substance that keeps people using tobacco.

Carbon Monoxide - the poisonous gas that bullies oxygen out of the body making it harder to breathe.

Get smoke-free now!

- See a stop smoking advisor at your local GP practice or pharmacy.
- Set a date to stop.
- List your personal reasons for stopping.
- Ask a friend to quit and support each other.
- Find something new to do to keep busy.
- Do some more exercise - it helps your fitness.
- Drink more water - it helps with the cravings.
- Be positive and think “I can do it!”
Cash not Ash!

Smoking is an expensive habit, how much does it cost?

<table>
<thead>
<tr>
<th>Number of cigarettes a day</th>
<th>5</th>
<th>10</th>
<th>20</th>
<th>40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily cost</td>
<td>£1.62</td>
<td>£3.25</td>
<td>£6.50</td>
<td>£13.00</td>
</tr>
<tr>
<td>Weekly cost</td>
<td>£11.38</td>
<td>£22.75</td>
<td>£45.50</td>
<td>£91.00</td>
</tr>
<tr>
<td>Monthly cost</td>
<td>£49.29</td>
<td>£98.58</td>
<td>£197.17</td>
<td>£394.33</td>
</tr>
<tr>
<td>Yearly cost</td>
<td>£591.50</td>
<td>£1,183</td>
<td>£2,366</td>
<td>£4,732</td>
</tr>
<tr>
<td>In five years</td>
<td>£2,957.50</td>
<td>£5,915</td>
<td>£11,830</td>
<td>£23,660</td>
</tr>
<tr>
<td>In ten years</td>
<td>£5,195</td>
<td>£11,830</td>
<td>£23,660</td>
<td>£47,320</td>
</tr>
</tbody>
</table>

Based on an average price of £6.50 for a standard pack of 20 cigarettes.

What else could you have done with that money?
Benefits of being smoke-free

- Healthy lungs, heart and blood.
- Breathe easily - not breathless.
- Fitter - not exhausted when exercising.
- Fresh breath and kissable.
- Clean hair and clothes.
- Better sense of taste and smell.
- Nicotine-free teeth and fingers.
- Fresh looks - no wrinkles.
- Feeling healthy and positive.

More money... extra cash to buy your favourite things such as magazines, computer games, make-up, mobile phone top-ups, apps and music.
Be smoke-free!
There's lots of FREE support available

**NHS Smoking Helpline** ENGLAND
0800 169 0 169

**Smokeline** SCOTLAND
0800 84 84 84

**Smoking Cessation** WALES
0800 085 2219

**Smokers' Helpline** N.IRELAND
0800 783 3339

Your local stop smoking support telephone number

www.smokefree.nhs.uk
www.nhs.uk/livewell/smoking
www.canstopsmoking.com
www.ash.org.uk

Your GP, practice nurse or pharmacist can also help. They will provide you with advice and more information on where to find your FREE local stop smoking support.