



Public Health
England

QUITTING SMOKING --- **IS ONE OF THE BEST THINGS YOU'LL EVER DO FOR YOUR HEALTH**

By picking up this booklet you're on the right track.
Read on to find out why now is the right time to
stop and to get useful tips for quitting.

BECAUSE THERE'S ONLY
ONE YOU

BENEFITS OF **QUITTING**



FOR YOUR HEALTH

Every cigarette you smoke causes **real harm**. But from the moment you stop smoking, your body starts its recovery process. This is how:^{1,2}



20 minutes	Your blood pressure and pulse rate return to normal.
8 hours	Carbon monoxide level in the blood reduces by half and oxygen level returns to normal.
72 hours	Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
2–12 weeks	Your circulation improves.
3–9 months	Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.
1 year	Risk of heart attack falls to half that of a smoker.
5 years	Risk of stroke is reduced to that of a non-smoker.
10 years	Your risk of death from lung cancer falls to half that of a smoker.

¹ The Health Consequences of Smoking: a report of the Surgeon General, Centers for Disease Control and Prevention (CDC), 2004

² Within 20 Minutes of Quitting, CDC, 2004

You'll also experience benefits such as:

- Your sense of taste will return and you will enjoy the taste of food more.
- Your breathing and general fitness will improve.
- The appearance of your skin and teeth will improve.
- Your fertility levels will improve, along with your chances of having a healthy pregnancy and baby.
- You'll experience less stress and lower anxiety.



FOR YOUR FRIENDS AND FAMILY

More than 80% of second-hand smoke is invisible and odourless, so no matter how careful you think you're being, **your friends and family still breathe in harmful poisons.** This puts them at risk of illnesses including cancer, heart disease and lung disease. By quitting and not exposing them to second-hand smoke, you will protect the health of those around you.

80%

OF SECOND-HAND SMOKE IS INVISIBLE AND ODOURLESS



SAVE MONEY

Smoking is expensive and you might be surprised at how it all adds up. On average, most people who quit **save around £135 each month.**

That's over **£1,600 a year going up in smoke.** What else could you spend that money on?

WAYS TO QUIT: CHOOSE THE **SUPPORT** THAT'S --- RIGHT FOR YOU



Many smokers want to quit but aren't sure of the best way to go about it.

The least effective method is to try to quit unaided (going 'cold turkey'). There's lots of free support on offer and by using the support that's right for you, you'll be boosting your chance of success.



YOUR LOCAL STOP SMOKING SERVICE

What

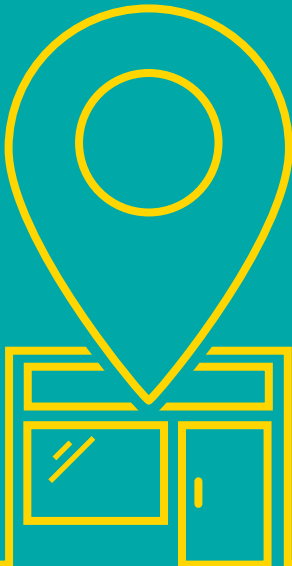
Developed by experts and delivered by professionals, your local Stop Smoking Service provides advice, support and encouragement to help you stop smoking for good.

Why

- Best chance of quitting successfully.
- Local and accessible.
- Free support that's matched to your specific needs.
- Advice on the best stop smoking aids for you.

How

Ask your doctor, nurse, pharmacy team or search 'One You Smokefree' to find your local Stop Smoking Service.





STOP SMOKING AIDS: MEDICINES

What

Nicotine and other chemicals found in cigarettes makes smokers become dependent and want to smoke frequently. Giving up smoking can cause withdrawal symptoms, which include cravings, headaches, feeling irritable and not being able to sleep. Stop smoking medicines can help you manage these withdrawal symptoms. They include prescription tablets (Champix and Zyban) and nicotine replacement therapy (NRT) products such as patches, gum, inhalators and nasal sprays. All are available on prescription, and NRT products can also be bought in pharmacies, supermarkets and convenience stores.

Why

Some people find nicotine cravings the hardest thing to handle about quitting. If this sounds like you, there are plenty of stop smoking medicines out there and they can give you the extra support you need to beat your dependence on cigarettes.

How

Talk to your local Stop Smoking Service, doctor, nurse or pharmacy team, or search 'One You Smokefree' where there is more information on stop smoking medicines.



STOP SMOKING AIDS: E-CIGARETTES

What

An e-cigarette (sometimes referred to as a vape) is a device that allows you to inhale nicotine in a vapour rather than smoke. E-cigarettes don't burn tobacco and don't produce tar or carbon monoxide, two of the most damaging elements in tobacco smoke. While they aren't risk free, they are at least 95% less harmful than cigarettes¹.

Why

Using an e-cigarette can help you stop smoking and is particularly effective when combined with extra quitting support from a trained adviser. To get the full benefit, you need to make a complete switch from smoking to vaping.

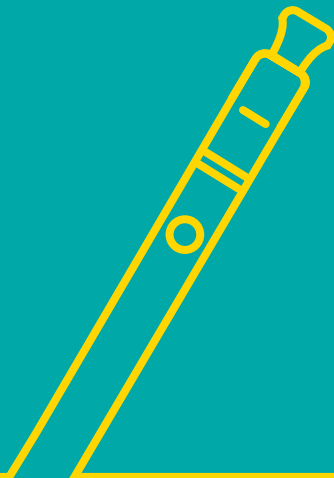
How

It's important to find a device that's right for you and to choose the right strength of e-liquid to satisfy your needs. You can get advice from a specialist vape shop, your local Stop Smoking Service or community pharmacy.

What are the risks from nicotine?

While nicotine is the addictive substance in cigarettes, it is relatively harmless. It is the thousands of other chemicals in tobacco smoke, many of which are toxic, that cause almost all of the harm from smoking.

¹ Evidence review of e-cigarettes and heated tobacco products 2018: a report commissioned by Public Health England, PHE, 2018.





ONLINE SUPPORT

What

There is a range of online support available including the Smokefree app, Facebook Messenger, daily support emails or text messages. The app also provides a savings calculator to show how much you could save.

Why

Keep yourself focused wherever you are, at whatever time of the day.

How

Search 'Smokefree' in the iTunes app store or Google Play store, follow 'NHS Smokefree' on Facebook and Twitter or search 'One You Smokefree' to sign up to emails.





PHONE

Call the free **Smokefree National Helpline** on **0300 123 1044** to speak to a trained, expert adviser. Lines are open Monday to Friday 9am to 8pm, and Saturday and Sunday 11am to 4pm (England only).

Thousands of people have quit for good with support, and studies show that you're up to **four times as likely to quit successfully** if you use a combination of specialist support from your local Stop Smoking Service and stop smoking aids.

Search '**One You Smokefree**' to get your Personal Quit Plan – a free online tool with suggestions of support tailored for you.



PLANNING **YOUR** QUIT ATTEMPT

For a better chance of being successful, make sure you have a plan in place for your quit attempt.

Keeping a record of your progress can really help you succeed. This 4-step planner is filled with useful exercises to help you through your quitting journey.



1

REMEMBER ALL THE REASONS WHY YOU'RE QUITTING

What are your top five reasons for quitting?

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How much does smoking cost you?

Add up what you spend on smoking; you can also use the calculator in the Smokefree app. You may find it costs you more than you think.

Cost per day

£ a day

What you spend on smoking per week

£ a week

Multiply by 52 for a cost per year

£ a year

Think ahead. If you don't quit now:

In another three years you would spend

£

In five years

£

In ten years

£

How will you treat yourself with the money you save?

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2

PREPARE FOR THE DAY YOU QUIT

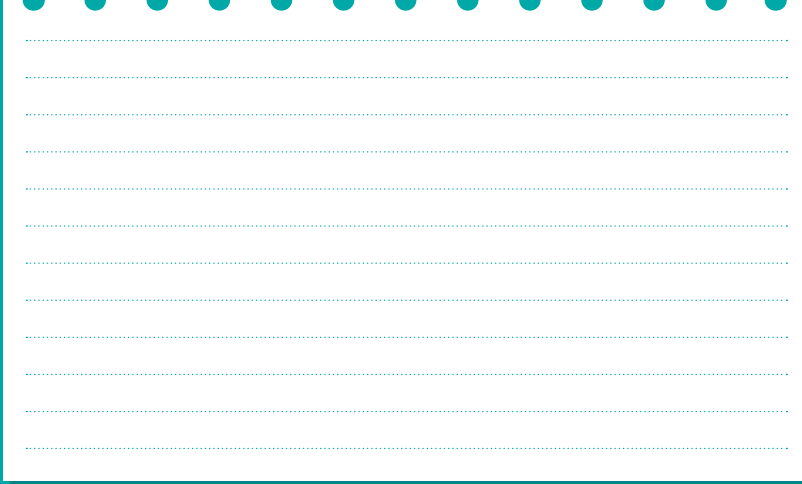
The day you quit, you'll change your life for the better.

- Reduce temptation by choosing a quit date that's unlikely to be stressful and making sure you don't have any cigarettes, lighters or matches on you.
- Avoid places where people around you might be smoking.
- Tell your family and friends, so they can support you and avoid tempting you to smoke.

To understand when you smoke and the triggers for wanting to smoke, fill in this record over a day or two before your quit date.

What time I smoked	What I was doing	How much I wanted to smoke (1–10)

Write down your ideas on how to deal with these triggers:



3

CHOOSE THE SUPPORT THAT'S RIGHT FOR YOU

Many smokers want to quit but aren't sure of the best way to go about it. There's lots of free support on offer and by using the support that's right for you, you'll be boosting your chance of success.

Using specialist support from a Stop Smoking Service together with stop smoking aids will give you the best chance of quitting.

Take a look at the 'Ways to quit' section of this booklet to find out more about some of the options available to you.

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STOP FOR GOOD – GETTING USED TO NOT SMOKING

Smoking affects all of the body's major systems so when you stop, there are physical and mental changes as your body re-adjusts and starts to recover. You're likely to experience some tobacco withdrawal symptoms, such as urges to smoke, irritability, difficulty concentrating and cough/sore throat. Most symptoms will pass within 2–4 weeks and there are lots of things you can do to help you get through. Here are our tips.

Handling the stress

It takes time to get used to not smoking, and for new habits to feel normal. In the short term, you may feel more stressed, but here are some things that can help:

- Be honest with yourself, what's really upsetting you?
- Talk problems over with someone you trust.
- Do one thing for you, every day.
- Take time to relax and get plenty of sleep.
- Remind yourself that as an ex-smoker, you'll be less stressed and find it easier to cope.

Coping with difficult situations

Look back at the list of triggers you wrote down and remember to avoid these situations if you can.

Coping with withdrawal symptoms

Coping with tobacco withdrawal can feel like a daunting prospect. But remember the symptoms are temporary and there are practical ways to manage them. Stop smoking aids, in particular, can really help – make sure you use enough and for as long as you need until you feel confident you won't go back to smoking.

Withdrawal symptom	How to cope
Urge to smoke	Stop smoking aids can help you manage these cravings, which will reduce over time as long as you don't have a single puff on a cigarette.
Irritability, poor concentration, low mood	Warn family and friends, ask for support. Try changing scene – just moving to another room can help, or step outside and get some fresh air.
Cough / sore throat / mouth ulcers	Ask your local pharmacist for advice on products that might help.
Increased appetite	<p>Keep hunger pangs at bay with healthy snacks such as fruit and nuts. Try our One You Easy Meals app to find delicious, easy meal ideas.</p> <p>If you're worried about weight gain, get moving more – why not try our Active 10 walking tracker.</p>
Constipation	Drink lots of water, eat fresh fruit and veg, and get some exercise. If the problem persists, ask your local pharmacist for advice on products that might help.
Sleep disturbance	Cut down on tea and coffee. Get more fresh air and exercise.

What will you do to cope?

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**Remember there's never
'just one' cigarette.**

Keep busy, and if you find
a certain time of day hard,
try a new routine.

You CAN do it! If you would like
more information and support,
search 'One You Smokefree'.



BECAUSE THERE'S ONLY
ONE YOU