

Get support to help you stop smoking

Did you know that you are up to 4 times more likely to quit smoking successfully if you use the NHS Stop Smoking Service and stop smoking medicines than if you try to quite using will power alone?

Health benefits

Stopping smoking may seem impossible however, with the right support; you can become a non-smoker for good.

Here are 10 ways your health will improve when you stop smoking:

- After 20 minutes your blood pressure and pulse return to normal
- After 24 hours your lungs start to clear
- After 2 days your body is nicotine-free and your sense of taste and smell improve
- After 3 days you can breath more easily, and your energy increases
- After two to twelve weeks, your circulation improves
- After three to nine months coughs, wheezing and breathing improves
- After one year your heart attack risk is half that of a smoker
- After ten years your lung cancer risk is half that of a smoker
- Stopping smoking could also mean a reduction in the amounts of medication required

What will quitting be like?

From the moment you stop smoking, your body starts its recovery process. During this time you may find that you experience some nicotine withdrawal and recovery symptoms. You may still have the urge to smoke and you may feel a little restless, irritable, frustrated or tired. Some people also find that they have difficulty sleeping or concentrating. These symptoms will pass.

Stop smoking medicines, such as Champix, Zyban or nicotine replacement therapy (NRT) can really help you to manage your cravings. All of these are available on prescription from your doctor.

Remember, you're changing your life by quitting. You'll save money, improve your health and help those closest to you to be healthy as well. Focusing on the positives will help you to stay stopped while the withdrawal and recovery symptoms pass.

Further support

Smokefree has lots of free support to help you stop for good. Choose from smart phone app, email programme or text messages that will help keep you focused wherever you are.

Call the free Smokefree National Helpline to speak to a trained, expert adviser.

Call now: 0300 123 1044

Alcohol and smoking advice and information leaflet

This brief advice is based on the "**How Much Is Too Much?**" Simple Structured Advice Intervention Tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.

This is one unit...

For more detailed information on calculating units see - www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx



Half pint of "regular" beer, lager or cider



Half a small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs



...and each of these is more than one unit



A pint of "regular" beer, lager or cider



A pint of "strong" or "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



Bottle of wine (12%)

Score	Risk	What this means	Common effects
1-4 on AUDIT-C *	Low risk drinking	Adults who don't regularly drink more than 14 units per week, spread over three or more days, are at low risk of harm from drinking.	<ul style="list-style-type: none"> Increased relaxation Sociability Sensory enjoyment of alcoholic drinks
5-7 on AUDIT-C *	Increasing risk drinking	Drinking in this way raises your long-term risk of ill health.	Progressively increasing risk of: <ul style="list-style-type: none"> Low energy Relationship problems
8-10 on AUDIT-C *	Higher risk drinking	Drinking in this way is likely to be affecting your health or wellbeing in some way already.	<ul style="list-style-type: none"> Depression Insomnia Impotence Injury
11-12 on AUDIT-C *	Possibly dependent	Your drinking may have become quite problematic and further assessment by an alcohol specialist is advised.	<ul style="list-style-type: none"> High blood pressure Breast, mouth and throat cancers Alcohol dependence Liver disease

*Short 3 question AUDIT questionnaire.

The potential benefits of cutting down

Psychological / Social / Financial

- Improved mood
- Improved relationships
- More time for hobbies and interests
- Reduced risk of drink driving
- Save money

Physical

- Sleep better
- More energy
- Lost weight
- Reduced risk of injury
- Improved memory
- Better physical shape
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risk of liver disease
- Reduced risk of brain damage

There is no completely safe level of drinking, but by sticking within these guidelines, you can lower your risk of harming your health:

- Adults are advised not to regularly drink more than 14 units a week
- If you do drink as much as 14 units in a week, spread this out evenly over 3 or more days

If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all.

For further advice with Alcohol issues:
 Swanswell Recovery Partnership
 Single Point of Access: 0300 303 8200
 Alcoholics Anonymous: 0121 211 0111
www.alcoholics-anonymous.org.uk

More information is available from One You: www.nhs.uk/oneyou