

Smoking

Smoking harms nearly every organ in your body, including your heart and lungs



Quitting is not easy, but it will give you back years of your life

At least 15,000 UK heart and circulatory disease deaths are attributed to smoking each year

Tips to quit smoking:



Find a plan that best fits you



Set a date



Remind yourself why you are quitting



Avoid activities or places that make you want to smoke



Make it public



Ask about programs to help you quit

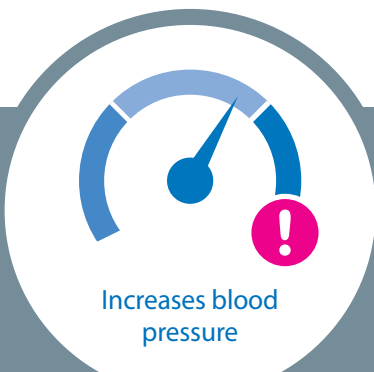


Don't give up! Slips are often part of the process

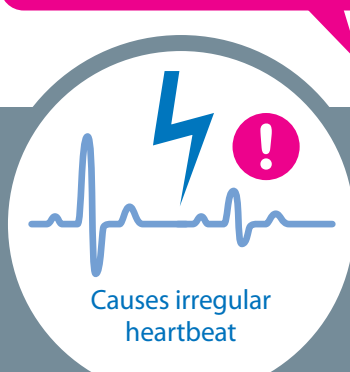


Celebrate small successes

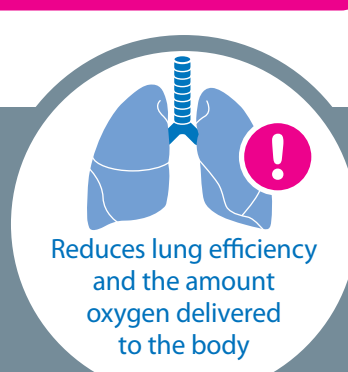
Smoking causes your body harm:



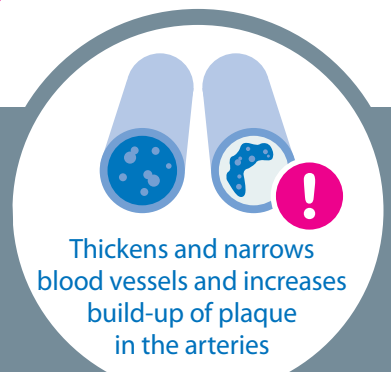
Increases blood pressure



Causes irregular heartbeat



Reduces lung efficiency and the amount of oxygen delivered to the body



Thickens and narrows blood vessels and increases build-up of plaque in the arteries

If you feel your smoking habits have changed recently, please discuss with your healthcare professional.