

# Smoking



## What is Smoking?

- Smoking is the breathing in of tobacco into the lungs.
- People may smoke cigarettes, rolling tobacco, pipes or cigars.
- Passive smoking and vaping are other types.

### **Smoking Dangers**

- Tobacco contains many chemicals that are harmful to our bodies.
- Smoking increases our risk of getting more than 50 different health conditions.
- Smoking is one of the biggest causes of death and illness in the UK and Ireland.

#### Illnesses you can get from smoking:

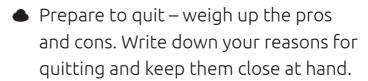
- Cancer Heart disease.
- Mouth, throat, stomach, breathing and bowel problems.

# The Benefits of Quitting

- Become a role model for friends and family.
- Have nicer smelling clothes and hair.
- Be more social- don't have to leave to smoke outside/away from friends and family.
- Save money that was spent on tobacco products.
- Become healthier, reduce the risk of chronic diseases.
- Not risk other people around you becoming ill.
- Sense of taste and smell will improve.
- Feel better, sleep better and improved mood.
- Improved fitness and sports performance.



# Tips for Quitting





 Choose a good day for you. The day before you stop, throw out your cigarettes, ash trays and lighters.



 Tell family and friends that you are quitting smoking. They can encourage and support you.



 Use some of the money you have saved on cigarettes to treat yourself.



 Speak to your GP or pharmacist if you would like to try Nicotine Replacement Therapy (NRT) to help you quit.



