

# 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

- ☛ Prepare to quit – weigh up the pros and cons. Write down your reasons for quitting and keep them close at hand.



- ☛ 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.

# QUIT

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

# QUIT

