

## Finance:

One of the all round benefits of stopping smoking is definitely a healthier bank balance. However most of us don't realise that the savings from stopping smoking don't stop at the cost of a packet of cigarettes.

For instance, did you know that smokers pay higher life insurance premiums, may have more prescription charges (due to smoking related illnesses) and may even need to make more trips to the dentist.

Whatever you decide to do, remember the most important benefit of giving up smoking is for you. You will not only live a richer life as a non smoker, but also be much healthier and live longer too!

So how much does smoking really cost? Think how many cigarettes you smoke in a day, multiply that by how many you smoked in a year, and you will be surprised at how quickly the cost of smoking adds up. Below is an approximate amount of money spent over a period of time.

Cigarettes per day	£ Cost per month	£ Cost per year	£ Cost over 3 yrs	£ Cost over 5 yrs
10	75	900	2,700	4,500
20	150	1,800	5,400	9,000
30	225	2,700	8,100	13,500
40	300	3,600	10,800	18,000

## Pregnancy

After two days of being smokefree, the nicotine leaves your body. This means you can give your attention to what's really important - the little one kicking inside.

When you inhale smoke you are putting over 4,000 chemicals in to your body. Two of the main components are tar and carbon monoxide, a poisonous gas. Carbon monoxide gets in to your bloodstream and cuts down the oxygen reaching your baby. Babies who don't get enough oxygen can be born smaller and weaker. Oxygen helps babies grow.

If anyone smokes near you, you will be exposed to secondhand smoke. This is dangerous because the poisonous gasses and chemicals go to you and your baby. After birth, babies who live in a smoky environment have a higher risk of cot death.

If you or your partner smoke, try to stop. You will have more money, be generally fitter and have improved health.

## Men

Smoking related diseases kill a quarter of men in the UK. 72% of smokers don't want to smoke and 83% wish they had never started.

Nicotine is as addictive as Heroin.

Lung cancer is the most common cancer in men and now in women too.

Risk of oral and throat cancers increase by 35 fold for those who smoke and drink heavily.

Smoking is the principal preventable risk factor for bladder cancer and is thought to cause up to a half of cases in men.



# STOP SMOKING START LIVING

We're here to help the people of Middlesbrough stop smoking

There is overwhelming evidence that smoking is the largest preventable cause of severe illness and preventable death. About 20 people in Middlesbrough die each week from smoking related diseases. Most people underestimate the dangers of smoking. Nicotine addiction creates a life long dependency on tobacco and dramatically increases the risk of serious diseases in later life. The younger you start the more cigarettes you smoke, the greater risks you face.

## Results of stopping smoking

- 20 MINS** 20 minutes – blood pressure and pulse rates return to normal
- 8 HRS** 8 hours – nicotine and carbon monoxide levels in blood reduce by half, oxygen returns to normal
- 24 HRS** 24 hours – carbon monoxide will be eliminated from the body
- 48 HRS** 48 hours – there is no nicotine left in the body
- 72 HRS** 72 hours – breathing becomes easier

- 2-12 WEEKS** 2-12 weeks – circulation improves
- 3-9 MONTHS** 3-9 months – coughs, wheezing and breathing problems improve
- 5 YEARS** 5 years – risk of heart attack falls to about half that of a smoker
- 10 YEARS** 10 years – risk of lung cancer falls to half of that of a smoker

## What's in a cigarette?

Cigarettes are made from dried tobacco leaves that have been treated with chemicals. Cigarette smoke contains over 4000 chemicals and more than 60 are known to be cancer causing. Even one cigarette can cause damage but the more cigarettes smoked the greater the risks as the dose of poisons increases.

Poisons	Industrial & other uses
Carbon Monoxide	Car Exhaust
Tar	Road surfaces
Nicotine	Pesticide
Acetone	Paint stripper
Ammonia	Cleaning agent
Arsenic	Ant killer
Benzene	Petrol fumes
Butane	Lighter fuel
Formaldehyde	Embalming fluid
Hydrogen Cyanide	Poison gas in chambers
Methanol	Rocket fuel
Toluene	Industrial solvent
DDT	Insecticide
Radon	Radioactive gas
Polonium	Radioactive fallout

## Second hand smoke

What is second hand smoke? Second hand smoke is other peoples' tobacco smoke. It is also known as passive smoking. Second hand smoke is a major source of indoor air pollution. It can lead to heart disease and lung cancer, and makes illnesses like asthma worse. Second hand smoke is made up of two types of smoke: Mainstream smoke, which is breathed in and out by smokers and Sidestream smoke which comes from the end of a burning cigarette or cigar and makes up to 85% of the smoke in a smoky environment. Sidestream smoke contains more toxins and nicotine than mainstream smoke. The effects of secondhand smoke include coughing, headache, eye irritation, sore throat, sneezing and running nose, feeling sick, breathing problems and irregular heartbeat. Long-term effects include worsening of chest problems and allergies like asthma, hay fever, bronchitis and emphysema, increased risk of heart disease, increased risk of lung cancer, pregnant women exposed to secondhand smoke can pass on the harmful gases and chemicals to their babies.

## Secondhand smoke and children

The effects of secondhand smoke on children can be more serious because their bodies are still developing. Babies who are exposed to secondhand smoke have a higher risk of cot death. Children suffer from more asthma attacks and chest infections and are more likely to develop ear infections and 'glue ear'. As well as the harm caused by secondhand smoke, cigarettes are responsible for many accidents and injuries. Smoking is also a major cause of house fires. Research shows that children who live with smokers are much more likely to start themselves. Smoking is a difficult habit to break, so it is important to encourage children never to start. The best thing you can do to protect your children is to keep them away from all cigarettes and smoky places. The ideal thing would be for all smokers to try and stop.

Where to get help...  
call us FREE on:  
0800 952 4433

or visit:  
[www.timetoquit.co.uk](http://www.timetoquit.co.uk)

NHS Helpline  
0800 169 0169

