

Benefits of Not Smoking

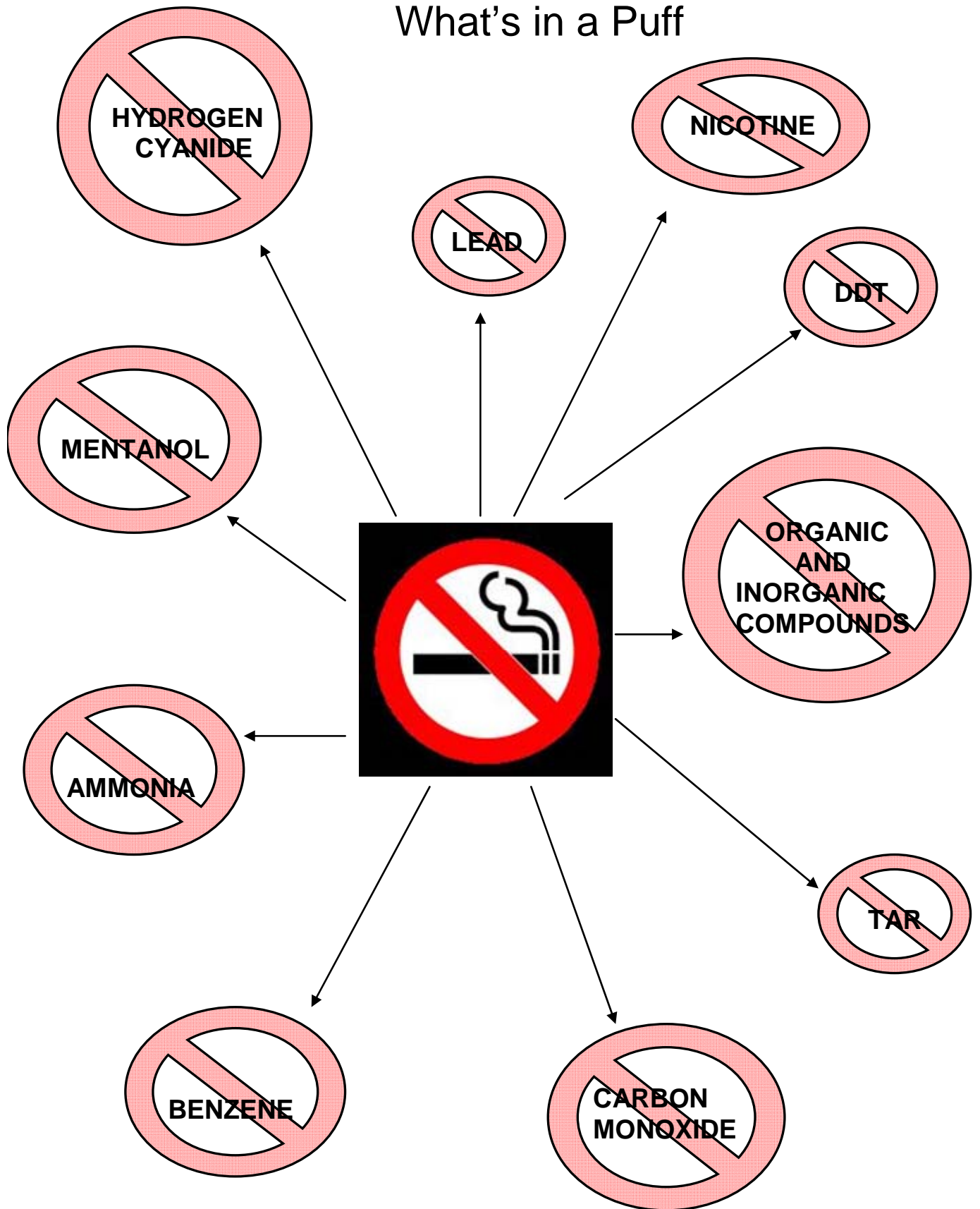
This is a list of benefits that you will experience as the time that you are a non-smoker increases. A low risk smoker is classed as someone under 35 who smokes 15 or less a day, has a good level of fitness, takes regular exercise, has no persistent cough and has always had a low consumption level. A high risk is someone who is over 50, smokes 30 a day or more, has a poor fitness level, takes no regular exercise, has a persistent cough, and has had a high total consumption since starting. So if you compare yourself with these two extremes you should be able to come up with a fairly accurate estimate.

TIME SINCE STOPPING

LOW RISK	HIGH RISK	
20 mins	20 mins	Blood pressure drops to normal. Pulse rate drops to normal. Temperature of hands and feet returns to normal.
8 hours	8 hours	Carbon Monoxide level in blood drops to normal. Oxygen level rises as a result.
24 hours	24 hours	Chance of heart attack decreased
48 hours	48 hours	Nerve endings start to re-grow. Smell and taste improved
2 weeks	3 months	Circulation improves. Exercise, including walking, becomes easier. Lung function increased by up to one third
1 month	9 months	Cilia re-grow in lungs and airways, increasing lung's self-maintenance. Energy levels increase overall. Coughing, sinus problems, tiredness, shortness of breath all decrease.
1 year	1 - 1½ years	Excess risk of heart disease is halved. Recovery rate from heart/bypass surgery almost doubled.
2½ years	5 years	Lung cancer death rate for average former smoker almost halved. Risk of mouth and throat cancer halved
5 years	10 years	Risk of stroke similar to non-smoker.
10 years	10 years	Lung cancer death rate same as for non-smoker. Pre-cancerous cells have been replaced. Risk of cancer of mouth, throat, bladder, kidneys, pancreas decrease
10 years	15 years	Risk of heart disease is that of a non-smoker

These figures are based on research by more than one cancer society and are taken from www.nosmokingday.org.uk. They are not a clinical or physical guarantee to any one individual. It is widely accepted that non-smokers, even those who have smoked at some time in their lives, live longer and with a higher quality of life than those who smoke or continue to smoke.

What's in a Puff



Harmful Effects Of Smoking

Cigarettes and more specifically tobacco smoke are full of chemicals and **poisons**. Tobacco smoke contains over 4,000 chemicals, many of which make smoking harmful.

Effects of Tobacco Smoke

- **Smoking KILLS**
- Every year hundreds of thousands of people around the world die from diseases caused by smoking.
- **One in two** lifetime smokers will **die** from their habit. **Half** of these deaths will occur in **middle age**.
- Tobacco smoke also contributes to a number of **cancers**.
- The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, **straining your heart** and blood vessels.
- This can cause **heart attacks and stroke**. It slows your blood flow, cutting off oxygen to your feet and hands. Some smokers end up having their **limbs amputated**.
- Tar coats your lungs like soot in a chimney and causes **cancer**. A 20-a-day smoker breathes in up to a full cup (210 g) of tar in a year.
- Changing to low-tar cigarettes does not help because smokers usually take deeper puffs and hold the smoke in for longer, dragging the tar **deeper** into their lungs.
- Carbon monoxide robs your muscles, brain and body tissue of oxygen, making your whole body and especially your heart work harder. Over time, your airways **swell up** and let less air into your lungs.
- Smoking causes disease and is a slow way to die. The strain put on your body by smoking often causes years of suffering. **Emphysema** is an illness that slowly rots your lungs. People with emphysema often get **bronchitis** again and again, and suffer lung and heart failure.
- Lung cancer from smoking is caused by the tar in tobacco smoke. Men who smoke are **ten times** more likely to die from lung cancer than non-smokers.
- Heart disease and strokes are also more common among smokers than non-smokers.
- Smoking causes fat deposits to narrow and **block blood vessels** which leads to heart attack.
- Smoking causes around one in five deaths from heart disease.
- In younger people, three out of four deaths from heart disease are due to smoking.
- Cravings only last 3- 5 minutes and they **WILL** subside. Once the urge to smoke has gone your resolve will strengthen.
- Focus on the reasons you decided to quit. Take a look at your quitting plan.

- Take 3 or 4 deep breaths. Breathe in slowly through the nose and fill your lungs, then breathe out again slowly through the mouth.
- Drink water. Sip it slowly and try to savour the taste. This will also help to satisfy any increased appetite.
- Keep busy. Take your mind off smoking by going for a walk, doing an odd job around the home or in the garden or call a friend or relative on the phone

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Harmful Chemicals In Cigarettes & Tobacco Smoke

Chemicals in cigarettes and tobacco smoke make smoking harmful.

Tobacco smoke contains over 4,000 different chemicals. At least 43 are known carcinogens (cause cancer in humans).

Cigarettes are one of few products which can be sold legally which can harm and even kill you over time if used as intended.

Currently there are ongoing lawsuits in the USA which aim to hold tobacco companies responsible for the effects of smoking on the health of long term smokers.

Benzene (petrol additive)

A colourless cyclic hydrocarbon obtained from coal and petroleum, used as a **solvent** in fuel and in chemical manufacture - and contained in cigarette smoke. It is a known **carcinogen** and is associated with leukaemia.

Formaldehyde (embalming fluid)

A colourless liquid, **highly poisonous**, used to preserve dead bodies - also found in cigarette smoke. Known to cause **cancer**, respiratory, skin and gastrointestinal problems.

Ammonia (toilet cleaner)

Used as a flavouring, frees nicotine from tobacco turning it into a gas, found in **dry cleaning fluids**.

Acetone (nail polish remover)

Fragrant volatile liquid ketone, used as a **solvent**, for example, nail polish remover - found in cigarette smoke.

Tar

Particulate matter **drawn into lungs** when you inhale on a lighted cigarette. Once inhaled, smoke condenses and about **70 per cent** of the tar in the smoke is **deposited** in the smoker's lungs.

Nicotine (insecticide/addictive drug)

One of the **most addictive substances known** to man, a powerful and fast-acting medical and non-medical **poison**. This is the chemical which causes addiction.

Carbon Monoxide (CO) (car exhaust fumes)

An odourless, tasteless and **poisonous gas**, rapidly **fatal** in large amounts - it's the same gas that

comes out of **car exhausts** and is the main gas in cigarette smoke, formed when the cigarette is lit. Others you may recognize are :

[Arsenic](#) (rat poison), [Hydrogen Cyanide](#) (gas chamber poison)

Source: Health Education Authority (UK) - Lifesaver

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