



Benefits to giving up smoking...



Here are just a few benefits of giving up smoking

Smoking is the single most important preventable cause of death. Around 106,000 people in the United Kingdom die prematurely every year because they smoke(d). Half of these premature deaths occur in middle age.

Quitting smoking is not easy, but there are plenty of good reasons to do it. There are also many ways to go about it, and lots of help is available.

Smoking causes a very long list of diseases and health problems including:

- Lung cancer.
- Chronic obstructive pulmonary disease (chronic bronchitis and emphysema).
- Heart, lung disease and strokes.
- Erectile dysfunction (man has difficulty with either getting an erection or with keeping an erection).
- Cervical cancer in women (cancer in the cervix).
- Osteoporosis (brittle bones), making them more likely to fracture.
- Can also affect your breathing, taste and sense of smell.

By stopping smoking, you can improve your health and enjoy a longer, healthier life. You will also save money; a 20 a day smoker spends around £1600 a year in cigarettes (correct at time of print).

Regular smokers who die of a smoking related disease lose on average 16 years of life expectancy compared to non-smokers.

Contact the Specialist Stop Smoking Service for more information on quitting. Telephone 0845 603 21166.