

## Contact Information

Acute Musculoskeletal Therapy Team:

0151 676 5519

Patient Advice and Liaison Service (PALS):

0151 430 1376

## Where to go for help:

St Helens:

[www.sthelenswellbeing.org.uk/services/stop-smoking](http://www.sthelenswellbeing.org.uk/services/stop-smoking)

Knowsley

Tel: 0800 3 247 111

[www.healthyknowsley.co.uk/Home/Smoking](http://www.healthyknowsley.co.uk/Home/Smoking)

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600



# Looking after yourself: Smoking

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Health benefits of quitting smoking:

Your body will begin to repair itself as soon as you stop smoking – and you will go on feeling the health benefits for the rest of your life.

**20 minutes** after stopping your blood pressure and pulse rate will return to normal. Circulation improves in hands and feet.

**8 hours** after stopping nicotine and carbon monoxide levels in the blood will be cut by half and oxygen levels will return to normal. Chances of heart attack start to fall.

**24 hours** after stopping the level of carbon monoxide in your body will be that of a non-smoker and your lungs will start to clear out mucus and other smoking debris.

**48 hours** after stopping your body is becoming free of nicotine and your sense of taste and smell is improving.

**72 hours** after stopping you should be breathing more easily. Airway passages in the lungs begin to relax. Energy levels increase.

**2-12 weeks** after stopping your circulation is improving, making walking easier.

**3-9 months** after stopping your lung function has increased by up to 10%. That means less coughing and wheezing and fewer breathing problems.

**5 years** after stopping your risk of having a heart attack is halved.

## Stopping Smoking

- Smoking is the UK's single greatest cause of preventable illness and early death.
- Smoking Kills: increases the risk of early death from smoking related diseases including heart disease, cancer and chronic lung disease.
- Can delay healing.
- Can harm others.

## Making the decision to quit

- Write down the reasons why you want to stop, if it helps display them in a prominent place.
- For one week before you quit keep a diary showing the amount of cigarettes you smoked each day and where you smoke each cigarette. This allows you to identify your won habits and rituals. So when you do quit you will know the times of the day of certain habits you have that you may associate with cigarettes.
- Do not put yourself in situations you are not ready for, eg. if you associate meeting up with friends and having a drink and a smoke then wait till you are more confident before you next meet up with them.

