



### PATIENT INFORMATION LEAFLET

The health benefits of quitting smoking start almost immediately and are evidence based

20 mins	Reduction in blood pressure, pulse rate, and normalisation of temperature of hands and feet
8 hours	Serum nicotine falls to 6.25% of normal peak daily levels, a 93.25% reduction.
12-24 hrs	Normalisation of oxygen (12hrs) and carbon monoxide levels (24 hrs) in the blood
48 hours	Sense of smell and taste is noticeably improved.
72 hours	100% nicotine-free and more than 90% of nicotine metabolites excreted. Improvement in breathing.
2 weeks to 3 months	Risk of <b>heart attack</b> begins to fall and lungs begin to improve.
3 weeks to 3 months	Decrease in <b>respiratory symptoms</b> (cough and breathlessness).
1 year	Excess risk of <b>heart attack and stroke</b> decreased to less than half that of a smoker.
5 to 15 years	<b>CVA</b> risk has declined to that of a non-smoker
10 years	Risk of being diagnosed with <b>lung cancer</b> decreases to between 30% and 50% of that for a continuing smoker. Risk of death from lung cancer has declined by almost half for an average smoker (one pack per day).  Risk of pancreatic cancer has declined to that of a non-smoker, while risk of <b>cancer of the mouth, throat and oesophagus</b> has also declined. Risk of developing diabetes is now similar to that of a never smoker.
13 years	Risk of smoking-induced <b>tooth loss</b> has declined to that of a non-smoker.
15 years	<b>Risk of coronary heart disease</b> is now that of a person who has never smoked.
20 years	Risk of death from <b>all smoking related causes</b> , including lung disease and cancer, has now reduced to that of a never smoker. Risk of pancreatic cancer reduced to that of a never-smoker

## **Patients with Long-Term Conditions**

### **For diabetic patients stopping smoking**

- Decreases the risk of developing heart disease
- Slows the progression of renal disease

### **For cancer patients stopping smoking**

- Improves the outcomes for surgery for lung cancer as well as increasing the overall survival and decreasing recurrence of non-small cell lung cancer.
- Increases responsiveness to radiotherapy for head and neck cancers, and increases survival.
- Reduces the risk of recurrences and improves overall survival in bladder cancer.

### **For asthma patients stopping smoking**

- Improves lung function, reduces symptoms, medication use and improves quality of life.
- Improves the efficacy of corticosteroids as treatment.
- Decreases hospital admissions and near fatal exacerbations.

### **For COPD patients stopping smoking**

- Slows down the progression of disease and may lead to a return in normal levels of FEV1 decline.
- Reduces exacerbation, and may extend their life expectancy at whatever stage they quit

### **For cardiovascular patients stopping smoking**

- Decreasing the risk of death due to all causes after an MI by 36% and by 21% in patients with heart failure.
- Decreases re-hospitalisation and mortality following acute coronary syndrome.
- Decreases the risk of re-stenosis after angioplasty

### **Other benefits of stopping smoking include**

- Protecting the health of family and contacts by reducing their exposure to second-hand smoke.
- Reduce risk in children from bronchitis, pneumonia, asthma attacks, meningitis and ear infections.
- Currently, a 20-a-day smoker of a premium cigarette brand will spend about £2,600 a year on cigarettes