



The health benefits of quitting smoking start almost immediately....

20 mins	Reduction in blood pressure, pulse rate, and normalisation of temperature of hands and feet
8 hours	Nicotine levels in blood have fallen by over 90%.
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	Now 100% nicotine-free. Improvement in breathing.
2 weeks to 3 months	Risk of heart attack begins to fall and lungs begin to improve.
3 weeks to 3 months	Decrease in respiratory symptoms (cough and breathlessness).
1 year	Excess risk of heart attack and stroke decreased to less than half that of a smoker.
5 to 15 years	Heart attack and Stroke risk has declined to that of a non-smoker
10 years	Risk of being diagnosed with lung cancer 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 cancer of the mouth, throat and oesophagus has also declined. Risk of developing diabetes is now similar to that of a never smoker.
13 years	Risk of smoking-induced tooth loss has declined to that of a non- smoker.
15 years	Risk of heart attacks is now that of a person who has never smoked.
20 years	Female excess risk of death from all smoking related causes , 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



Benefits of stopping smoking for 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