**QUITTING SMOKING IS THE BEST THING YOU’LL EVER DO!**

**Why do it?**

Because smoking is the single biggest cause of cancer in the world. Its harmful chemicals can cause a number of cancers such as nose, mouth, throat, lung, liver, kidney, bowel, stomach, pancreas and bladder. It’s also a significant cause of heart disease.

But it’s never too late to stop, and your health will start improving straight away.

**The good news**

This is what happens when you stop:

* Within 72 hours carbon monoxide will be eliminated from the body, oxygen levels are back to normal, and lungs start to clear out mucus and other smoking debris. There is no nicotine in the body. Breathing becomes easier, energy levels increase and ability to taste and smell is improved.
* During the following months circulation improves, coughs and breathing problems continue to decrease and lung function increases.
* After 1 year the risk of heart disease is about half that of a person who is still smoking.
* After 10 years the risk of lung cancer also falls to half that of someone who smokes.
* After 15 years the risk of heart attack becomes the same as someone who has never smoked.
* And then there’s the cost. Someone who smokes the average 13 a day would save about £140 a month – a significant bonus!

For help to quit, check out the NHS Smokefree website, or talk to your practice nurse or GP. There’s a lot of support and advice available.

*Sent by Drs Virmani and Bedi’s Patient Participation Group*