

SMOKING

THE FACTS AND THE DANGERS

THE FIGURES



In 2012, 14% of adults in managerial and professional occupations smoked compared with 33% in routine and manual occupations.



About 1/6 of the adults in Great Britain smoke cigarettes:



Percentage of adult men who smoke:



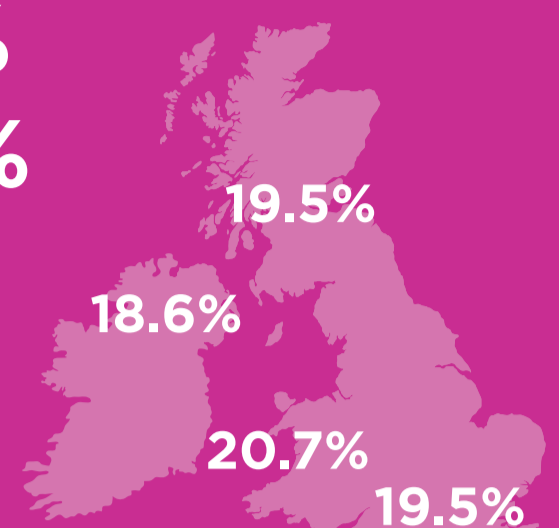
Among men smoking prevalence is highest in the 25-34 age group:



Percentage of adult women who smoke:



Among women, smoking is highest among 20-24 year olds.



Percentage of people who smoke around the UK.

THE IMPACT



Smoking causes around **80%** of deaths from lung cancer.

- Every year, more than **100,000 smokers** in the UK die from smoking related causes.
- On average, cigarette smokers die **10 years younger** than non-smokers.
- Smokers under the age of 40 have a **five times greater risk** of a heart attack than non-smokers.
- On average women smokers go through the menopause up to **2 years earlier** than non-smokers and are at a greater risk of developing osteoporosis.
- Smoking has been associated with **increased sperm abnormalities** and is a cause of impotence.
- It can affect both your **sense of taste and smell**.
- Smokers are more likely to develop **facial wrinkles at a younger age** and have dental hygiene problems.

TOP TIPS TO QUIT SMOKING



THINK POSITIVE
Tell yourself that you can do it.



MAKE A PROMISE, SET A DATE AND STICK TO IT.



IDENTIFY WHEN YOU CRAVE CIGARETTES
Keep yourself busy during that time.



GET SUPPORT
Quit with a friend or family member. Your local NHS stop smoking services and the NHS Smoking Helpline can also help.



GET MOVING
Exercise can cut cravings.

THE BENEFITS OF QUITTING

8 hours

Nicotine and carbon monoxide levels in the blood reduce by half and oxygen levels return to normal.

20 mins

Your blood pressure and heart rate return to normal.

48 hours

No nicotine is left in the body. Sense of taste and smell greatly improve.

24 hours

Carbon monoxide is eliminated from the body and lungs start to clear out mucus and other debris.

2-12 weeks

Circulation improves.

72 hours

Breathing becomes easier. Bronchial tubes start to relax and energy levels increase.

5 years

The risk of heart attack falls to about half that of a smoker.

3-9 months

Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%.

15 years

The risk of heart attack falls to the same as someone who has never smoked.

10 years

The risk of lung cancer falls to half that of a smoker and the risk of heart attack falls to the same as someone who has never smoked.

Fact and figures based on smoking from:
www.ash.org
www.patient.co.uk