

SMOKING KILLS

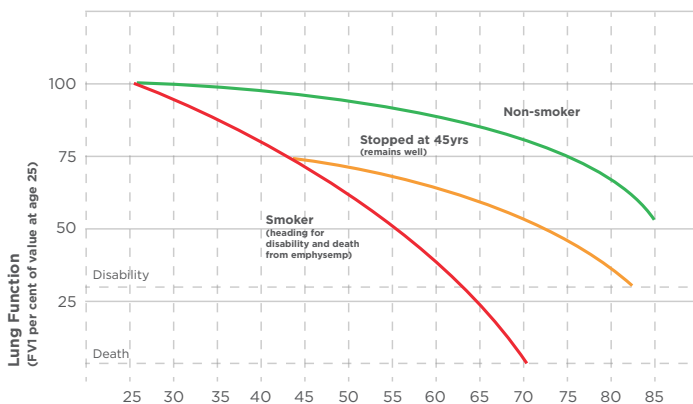
- Smoking is the leading cause of avoidable death in Ireland.
- 6,000 people die in Ireland each year from the effects of smoking.
- Thousands of others suffer from smoking-related diseases.
- 1 in every 2 smokers will die from a tobacco related disease.

Quit today and see Your Health Benefits start right away

After 20 minutes	Your circulation will improve, your blood pressure & heart rate will get lower. This immediately reduces your risk of a heart attack.
After 8 Hours	The nicotine & carbon monoxide levels in your blood go down and the oxygen level rises.
After 48 Hours	The nicotine and carbon monoxide have left your body. Your sense of smell and taste will start to improve.
After 72 Hours	Your breathing will improve and your energy levels will increase.
After 2-3 Months	Your lung capacity could increase by up to 30%.
After 1 Year	Your chance of having a heart attack drops by half.
After 5 Years	The risk of smoking-related cancers is greatly reduced.
After 10 years	The risk of lung cancer is reduced by half.
After 15 years	The risk of having a heart attack is the same as a non-smoker.

Adapted from <https://www2.hse.ie/quit-smoking/>

QUIT SMOKING NOW AND PROTECT YOUR LUNG FUNCTION



Non-smoker (green line)

- Lung function gets worse as you get older, albeit very slowly and very slightly.

Smoker (red line)

- A smoker's lung function can deteriorate quickly. For example, the diagram shows a smoker who becomes disabled with emphysema at 56.

Stopped smoking at 45 (orange line)

- This is where you need to be - If you stop smoking you delay the damage to your health, and if you stop soon enough there will be **No** damage.

GO SMOKE-FREE AND SAVE FOR THAT SOMETHING SPECIAL

No. of Cigarettes	Weekly Savings	Monthly Savings	Yearly Savings	What this could be equivalent to (annually)
5 per Day	€25	€106	€1,278	Extra to spend on your weekly shopping or pay for a two week holiday to Spain
10 Per Day	€49	€212	€2,555	Two months mortgage / rent or some nice new furniture
20 Per Day	€98	€425	€5,110	A family holiday or a fancy new bathroom
40 Per Day	€196	€849	€10,220	Approximate annual repayments of €300,000 Mortgage over 30yrs
60 Per Day	€294	€1,274	€15,330	A plush new kitchen or upgrade your car

- Based on price of packet of 20 Cigarettes at €14.00 Budget Ireland 2021:

Quit now and protect your loved ones

Children exposed to secondhand smoke are at an increased risk of:

- Asthma
- Allergies
- Cancer
- Pneumonia
- Bronchitis
- Ear infections
- Sudden infant death (cot death) in babies.

Secondhand smoke contains carcinogens. These chemicals cause cancer. People who breath in secondhand smoke are at increased risk of smoking related diseases

Seeking Help and Advice

The HSE Quit Plan

The HSE offer support through their quit plan, you can access information and sign up via [HYPERLINK "https://quit.hse.ie/APPS/startplan/startplansignup.aspx#!form-Step-1-1"](https://quit.hse.ie/APPS/startplan/startplansignup.aspx#!form-Step-1-1) [Create your quit smoking plan - Quit.ie \(hse.ie\)](#)

This plan includes help and support from a Stop Smoking Advisor, daily emails and text support and a personalised web page to track progress. You will also receive tips from people who have successfully stopped smoking. Call 1800 201 203 or free text the word QUIT to 50100. See also [HYPERLINK "https://www2.hse.ie/quit-smoking/"](https://www2.hse.ie/quit-smoking/) [Quit smoking - HSE.ie](#)

Online Stop Smoking Course

St Vincent's University Hospital, Dublin 4 have been running a long-established 6 week stop smoking course. Due to the COVID 19 pandemic these courses have moved on-line. The course is a mix of group support, stop smoking advice and advice on quit smoking medication This course is free and open to the public. For more information call 01 2214958 or email: smokingservice@svuh.ie



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