

Contact us

For information on Trust services

see www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01225 362900

Freephone: 0800 073 1778

Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please call the PALS number.

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Smoking and Your Health



**Because we care about
your health**

Introduction

If you have a mental health problem and smoke, you may feel that there's nothing you can do about it. This isn't true. Many people with mental health problems have stopped smoking. They feel better and live longer. You have the same right to help with this as anyone else.

Smoking is one of the biggest causes of death and illness in the UK.

Every year around 100,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses.

Smoking increases your risk of developing more than 50 serious health conditions. Some may be fatal and others can cause irreversible long-term damage to your health.

You can become ill:

- if you smoke yourself
- through other people's smoke (second hand smoking)

What's in it for me if I stop?

- You'll probably feel much healthier and better in yourself.
- Your breathing will greatly improve and you will rid yourself of the poisonous carbon monoxide within hours.
- You may be able to reduce the amount of medication you take.
- It's the single most powerful way of improving your health – and living longer.

The benefits for your body start straight away if you stop

AFTER

20 minutes	your heart rate and blood pressure return to normal.
8-24 hours	Nicotine and carbon monoxide start to leave your body and oxygen returns to normal
24 hours	Your lungs start to clear out mucus and other smoking debris
48-72 hours	Your sense of taste and smell both improve
2-12 weeks	Exercise becomes easier and your breathing improves.
3-9 months	Any coughs, wheezing and breathing problems are reduced as your lungs repair.
1 year	Your risk of coronary heart disease is now half that of a smoker.

Source: British Heart Foundation

Isn't it too late to stop?

No. Even if you have smoked since your teenage years:

- If you stop smoking before the age of about 35, you will live nearly as long as people who have never smoked.
- If you stop smoking before the age of 50, you will be half as likely to die from smoking-related diseases as someone who carries on smoking.

Source: Royal College of Psychiatrists

Mental health and smoking

If you have a mental illness, you are more likely to smoke. 2 out of every 5 cigarettes in England are smoked by people with mental health problems.

The more you smoke, the more likely you are to:

- develop a mental illness – but it's unclear why
- feel anxious or depressed
- think about suicide - and to go on to commit suicide
- use more drugs and alcohol – which can make a mental health problem worse.

Overall, if you have a mental health problem and smoke, you are more likely to have poor general health – it's one of the main reasons why people with a mental health problem tend to die younger.

Source: Royal College of Psychiatrists

Support is available

AWP is training staff so that they are able to help you adjust to our non smoking policy.

A choice of Nicotine Replacement Therapy (NRT) will be available to you, either at your stay in hospital or through referral to Smoking Cessation Services if you are in the community.

If you want to stop, abstain from smoking, switch to an e-cigarette or even cut down, talk to a member of staff. They will be glad to help.

- If you stop smoking 10 cigarettes a day, you'll save more than £1,000 a year.
- You'll be able to get much fitter.
- People do not always feel the benefits immediately



And if you don't ?

- If you have a mental health problem, you probably smoke more than other people – so your smoking is even more likely to harm you.
- You are more likely to be one of the 100,000 people in the UK each year who are killed by smoking.
- You are more likely to die early.
- You will, on average, die about 10 years earlier than you would have done if you had not smoked.
- But - half of smokers die 15 years earlier than they should while a quarter die 23 years earlier.
- You are more likely to have breathing problems, heart disease, diabetes and many kinds of cancer (not just lung cancer).

This leaflet explains some of the health risks from smoking.

Local stop smoking services

From the home page of the national NHS Smokefree website, you will be able to access your local Stop Smoking Service.

Simply click on 'Your local Stop Smoking Service' and enter your post code.

<https://www.nhs.uk/smokefree>

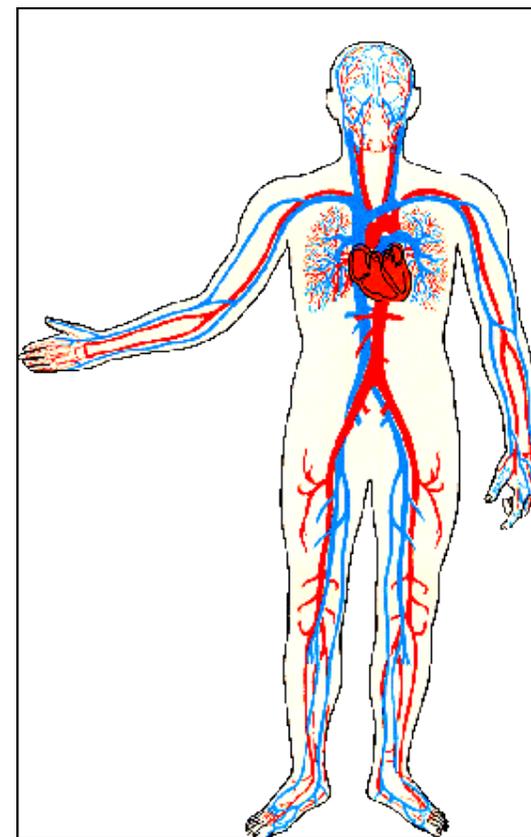
To read the AWP Tobacco Free Smoke Free Environment Policy in full, log on to www.awp.nhs.uk

Over time, the walls of your arteries can become furred up with fatty deposits. This process is known as atherosclerosis and the fatty deposits are called atheroma.

Atherosclerosis can be caused by lifestyle factors and other conditions, such as:

- smoking
- high cholesterol
- high blood pressure (hypertension)
- diabetes

Source NHS Choices



Although people who have never smoked can develop lung cancer, smoking is the main cause (accounting for over 85% of cases). This is because smoking involves regularly inhaling a number of different toxic substances.

Lung cancer doesn't usually cause noticeable symptoms until it's spread through the lungs or into other parts of the body. This means the outlook for the condition isn't as good as many other types of cancer.

Overall, about 1 in 3 people with the condition live for at least a year after they're diagnosed and about 1 in 20 people live at least 10 years.

However, survival rates can vary widely, depending on how far the cancer has spread at the time of diagnosis. Early diagnosis can make a big difference.

Source: NHS Choices

Coronary Heart Disease (CHD)

Coronary heart disease (CHD) is the leading cause of death both in the UK and worldwide.

It's responsible for more than 73,000 deaths in the UK each year. About 1 in 6 men and 1 in 10 women die from CHD.

In the UK, there are an estimated 2.3 million people living with CHD and around 2 million people affected by angina (the most common symptom of coronary heart disease).

Coronary heart disease is the term that describes what happens when your heart's blood supply is blocked or interrupted by a build-up of fatty substances in the coronary arteries.

Smoking health risks

The main causes of ill health and reduced life expectancy from smoking is associated with the combustion products of tobacco. The nicotine in the tobacco is not the cause of cancer and associated diseases. In 1976 Professor Michael Russell wrote: **“People smoke for nicotine but they die from the tar.”**

Smoking causes about 90% of lung cancers. It also causes cancer in many other parts of the body, including the:

- mouth
- lips
- throat
- voice box (larynx)
- oesophagus (the tube between your mouth and stomach)
- bladder
- kidney
- liver
- stomach
- pancreas

Smoking damages your heart and your blood circulation, increasing your risk of developing conditions such as:

- coronary heart disease
- heart attack
- stroke
- peripheral vascular disease (damaged blood vessels)
- cerebrovascular disease (damaged arteries that supply blood to your brain)

Smoking also damages your lungs, leading to conditions such as:

- chronic obstructive pulmonary disease (COPD), which incorporates bronchitis and emphysema
- pneumonia

Smoking can also worsen or prolong the symptoms of respiratory conditions such as asthma, or respiratory tract infections such as the common cold.

In men, smoking can cause impotence because it limits the blood supply to the penis. It can also reduce the fertility of both men and women.

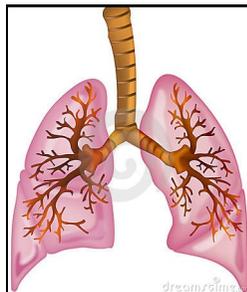
Chronic obstructive pulmonary disease (COPD)

Chronic obstructive pulmonary disease (COPD) is the name for a collection of lung diseases including chronic bronchitis, emphysema and chronic obstructive airways disease.

People with COPD have difficulties breathing, primarily due to the narrowing of their airways, this is called airflow obstruction.

Typical symptoms of COPD include:

- increasing breathlessness when active
- a persistent cough with phlegm
- frequent chest infections



The main cause of COPD is smoking. The likelihood of developing COPD increases the more you smoke and the longer you've been smoking. This is because smoking irritates and inflames the lungs, which results in scarring.

Over many years, the inflammation leads to permanent changes in the lung.

The walls of the airways thicken and more mucus is produced. Damage to the delicate walls of the air sacs in the lungs causes emphysema and the lungs lose their normal elasticity. The smaller airways also become scarred and narrowed. These changes cause the symptoms of breathlessness, cough and phlegm associated with COPD.

Lung cancer

Lung cancer is one of the most common and serious types of cancer. Around 44,500 people are diagnosed with the condition every year in the UK.

There are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition eventually develop symptoms including:

- a persistent cough
- coughing up blood
- persistent breathlessness
- unexplained tiredness and weight loss
- an ache or pain when breathing or coughing

You should see your GP if you have these symptoms.

Lung cancer mainly affects older people. It's rare in people younger than 40, and the rates of lung cancer rise sharply with age. Lung cancer is most commonly diagnosed in people aged 70-74.