

Reasons to Stop Smoking NOW

Smoking cessation appointments are free

Free nicotine replacement therapy or medications

Tailor made and individualised programmes

4 week programmes and 12 week programmes

Appointments are flexible and can be outside of working hours

Quit your way, with our support



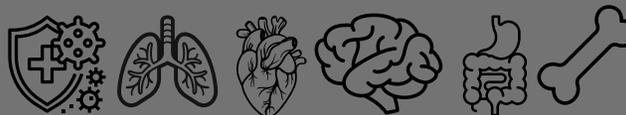
IF YOU NEED SUPPORT TO STOP SMOKING ...

Contact our Smoking Cessation Service

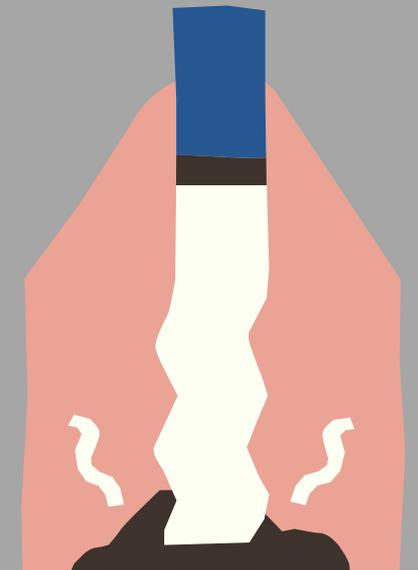
CALL / TEXT 54720
EMAIL: rpoleevans@kemh.gov.fk

KEMH is a Smoke Free Environment

The Dangers of Smoking



Help and support for you to



Quit smoking

SMOKING CESSATION SERVICES



Benefits of Stopping Smoking



When you stop smoking your health will improve in just a few hours !

20 mins	Your pulse returns to normal
8 hours	Nicotine and CO2 levels half
24 hours	CO2 eliminated from body
48 hours	Sense of smell and taste improve
72 hours	Breathing is easier, energy levels rise

2-12 weeks	blood circulation improves
3 to 9 months	lung function increases 10%
1 Year	risk of heart attack halved
10 years	risk of lung cancer halved
15 years	risk of heart attack same as non-smoker

Risks of Second Hand Smoke



Children around second hand smoke are more likely to suffer respiratory and middle ear infections and are more likely become a smoker themselves

85% of second hand smoke is invisible

Second hand smoke is as dangerous as smoking

Concentration of second hand smoke is higher in cars than the home