

What does smoking do to my body?

Smoking causes many serious and fatal diseases including lung cancer, heart disease, bronchitis and emphysema. It also causes many other cancers, respiratory diseases, strokes and can affect fertility.

What's in a cigarette?

Cigarettes contain over 4,000 toxic chemicals and around 50 of these cause cancer. The three main toxins are nicotine, carbon monoxide and tar.

Carbon monoxide is a poisonous gas in cigarette smoke. It is also found in car exhaust fumes and produced by faulty gas appliances. It takes the place of oxygen in the blood, causing your lungs to work less efficiently. This stops cells all around your body from getting the oxygen they need.

Tar is the sticky brown substance which stains your fingers and teeth. Tar causes cancer and damages your lungs. It stays inside your lungs, making tubes narrower and reducing your protection against infection.

Some other chemicals found in cigarettes are:

Acetone - Nail polish remover

Ammonia - Toilet cleaner

Arsenic - Rat poison

Benzo(a)pyrene - Diesel exhaust fumes

Carbon Monoxide - Petrol exhaust fumes

DDT and Dieldrin - Insecticides

Formaldehyde - Preservative for dead bodies

Hydrogen Cyanide - Poison used in gas chambers

Methanol - Rocket fuel

Titanium - Metal used to make aeroplanes

What are the effects of smoking on my mouth?

Smoking stains teeth, and causes bad breath.

It is linked with an increased risk of developing oral cancer and periodontal (gum) disease.

Oral cancer has a very poor survival rate and the treatment can involve surgical removal of the tongue and jaw bones.

Periodontal disease results in loss of the bone which holds the teeth in place, meaning teeth become loose and even fall out.

What is second-hand smoke?

Second-hand smoke is other people's tobacco smoke. Wherever people smoke, there is second-hand smoke in the air.

Second-hand smoke contains:

- Side stream smoke - smoke from the tip of the cigarette.
- Mainstream smoke - smoke that is breathed back out by the smoker.

What are the effects of second-hand smoke?

Tobacco smoke contains thousands of toxic chemicals. These poisons get into the bodies of children and adults who live with smokers.

Breathing in second-hand smoke can damage almost every organ in the human body. It increases the risk of lung cancer by 24% and heart disease by 25%.

Second-hand smoke is very dangerous for children because their bodies are still developing. Cot death is twice as likely for babies whose mothers smoke. Children who grow up in a smoking household are much more likely to suffer from asthma, need hospital treatment before their 1st birthday, take more time off school, have more coughs, colds and wheezes, and middle ear infections ("glue ear") which can cause partial deafness.

Second-hand smoke is just as dangerous as smoking a cigarette

What are the first steps towards giving up?

Being prepared and choosing a smokefree plan that works for you will create an ideal foundation for giving up smoking.

Take time to make sure that you are physically, mentally and emotionally ready and plan how and when you will give up.

Choose a quit date and commit to it. Think about how to deal with tempting situations like going to the pub, or a stressful day. You could also speak to your doctor about nicotine patches and gum to help you cope with the cravings.

What if I start smoking again?

If you do have a cigarette, you should stop again immediately.

Throw away the rest of the packet and take yourself out of the situation. Go for a walk, drink some water, or take a deep breath. Ask yourself if you really want to be a smoker again.

If you start again, don't worry. You haven't failed. You have improved your chance of success next time. It takes most people four or five attempts before they go smokefree for good.

Is it too late to stop?

It's never too late! Stopping at any age will increase your life expectancy, provided that you stop before you develop cancer or another serious disease.

- Within the first 24 hours your blood pressure and lungs will be showing improvement.
- After three months your circulation and breathing should have improved noticeably.
- After five years, your risk of having a heart attack falls to about half that of a smoker.
- After ten years, your risk of lung cancer falls to about half that of a smoker.

Further Information/Help

Most of the information contained in this leaflet was taken from the frequently asked questions on the NHS 'smokefree' website. Much more information and help is available on the website, including 'quit tools'

@ <http://smokefree.nhs.uk/>

Speaking to an advisor on the NHS Smoking Helpline may help you decide on the best way to quit and provide information about your nearest services. 0800 022 4 332.

The local Dudley 'Stop smoking services' can be contacted on 0800 0850 652 or text CAN to 80800 www.dudleystopsmoking.co.uk

Your GP will be able to offer you advice and help if you want to stop smoking.

Health Issues Related to Smoking and Second-hand Smoke



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