

# WE ARE QUITTING SMOKING.

# WE ARE NEWHAM.



## Quit Well Newham

Free support to help you to quit smoking

[www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking)

Quit Well Newham stop smoking service can help you. We provide expert advice and support, together with nicotine replacement treatment (NRT), Champix and Zyban. Using our programme will increase your chances of becoming tobacco-free.

## The health risks of smoking

Smoking and tobacco use are the single largest causes of preventable death and illness worldwide. In the UK, around 100,000 people die from smoking each year, with many more developing smoking-related illnesses.

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

## How can we help you to quit?

Quit Well Newham stop smoking service provides a 12-week support program for smokers and smokeless tobacco users who wish to quit. Our expert advisors have many years' experience of helping highly dependent tobacco users. We combine state of the art medication with expert support in group and one-to-one settings, giving you the best chance of becoming tobacco-free.

## The benefits of quitting

Stopping smoking is the best way for smokers and tobacco users to improve their quality of life.

The benefits of stopping smoking can be felt straight away!

- After 20 minutes: your pulse rate returns to normal.
- After 8 hours: nicotine and carbon monoxide levels in blood reduce by more than half and oxygen levels return to normal.

- After 24 hours: carbon monoxide will be cleared from the body. Lungs start to clear out mucus and other smoking debris.
- After 48 hours: there is no nicotine in the body. Your sense of taste and smell is improved.
- 72 hours: your breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
- 2-12 weeks: your blood and oxygen circulation improves.
- 3-9 months: coughs, wheezing and breathing problems improve as lung function increases by up to 10%.
- 1 year: risk of heart disease is about half compared with a person who is still smoking.
- 10 years: risk of lung cancer falls to half that of a smoker.
- 15 years: risk of heart attack falls to the same as someone who has never smoked.

We offer culturally sensitive advice and support to help people quit smoking and shisha. We support smokeless tobacco users who wish to quit chewing betel nut and tobacco like sada or zarda. Stopping chewing tobacco and betel nut improves your oral and overall health. We provide confidential support and advice to women who smoke or chew tobacco and they can request to be seen by female advisors.

## Getting the right support

Contact Quit Well Newham stop smoking service Monday to Friday 8.30am-5.30pm

Group sessions 6pm-7pm (by appointment only)

Call: **020 7882 8230**, mobile **0747 4082330** for text, calls and WhatsApp

Web: [www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking)

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People at the Heart  
of Everything We Do