



Stopping smoking advice after stroke

Introduction

The aim of the resource is explain the benefit of stopping smoking, tips to help you stop and where you can find more information and support.

Stopping Smoking is one of the best things you can do for your health, both now and in the future. Reducing your risk of serious health conditions and helping prevent any ongoing problems. Quitting smoking also protects those around you, particularly children, by reducing their exposure to second-hand smoke.





While you were in hospital

You are in a position to quit for good

While you were in hospital & not smoking:

- Nicotine takes 3-4 days to leave your system.
- While you were in hospital and not smoking, many of the effects of nicotine withdrawal will have left your system.
- In hospital, you may also have been given nicotine patches to help with any withdrawal symptoms.
- You now have an excellent opportunity to quit for good.



Benefits of stopping smoking

Benefits of Stopping Smoking

- Stopping smoking has additional health benefits including a rapid reduction in your risk of developing respiratory infections.
- It also has a longer term reduction in your risk of heart attacks, further strokes and some types of cancer.
- Quitting smoking can save you money.



How much you could save by cutting back & quitting

Reducing to 10 cigarettes a day saves:	Quitting smoking saves:
Per week = £35	Per week = £70
Per four weeks = £140	Per four weeks = £280
Per six months = £9100	Per six months = £1820
Per year = £1820	Per year = £3640



Savings based on smoking 20 cigarettes a day on packed costing £10

Timeline benefits of stopping

What happens when you stop smoking...

- o After **20 minutes** your blood pressure and pulse improve
- o After **8 hours** the oxygen levels in your blood improve
- o After **1 day** your lungs start to clear out mucus and other debris caused by smoking
- o After **3 to 9 months** breathing problems improve as your lungs get better



- o After **1 year** your risk of heart disease is about half that of a person who is still smoking
- o After **5 years** your risk of stroke has fallen to the same as someone who has never smoked
- o After **10 years** your risk of lung cancer has fallen to half that of a person who is still smoking
- o After **15 years** your risk of heart attack falls to the same as someone who has never smoked





**Professional support to help you
quit**

Professional support to help you 'Quit for Good' (1)

You are 4 times more likely to quit smoking with professional support and medication:

- In Scotland, support to stop smoking from your local NHS stop smoking service is free.
- NHS stop smoking services are available across Scotland.
- Your GP or pharmacist can offer help and advice to help you stop. You may be offered medication such as nicotine replacement therapy (NRT).
- If you feel it would be helpful, ask your family and friends for support. This can make a big difference.



Professional support to help you 'Quit for Good' (2)

For more information about support available in your local area:

- Call 'Quit Your Way' Scotland for free on Tel: **0800 848 484** (Mon-Fri: 9am to 5pm).
- Visit **www.nhsinform.scot/healthy_living/stopping-smoking**
- Speak to the Chest Heart & Stroke Scotland Advice Line Nurses for free on Tel: **0808 8010899** (Mon-Fri: 09:30-16:00), Email: **advice@chss.org.uk** or Text **NURSE** to: **66777**.





Other tips to help you quit

Other tips to help you 'Quit for Good' (1)

Tips to help you quit:

- Planning ahead: why do you want to stop? Make a list and refer to it when quitting.
- Set a date to stop.
- Smoking is a habit. Figure out when you smoke and try to break the routine.
- Find support that suits you, go online, speak to friends and family, speak to your GP.
- Distract yourself with a new hobby or interest.

Other tips to help you 'Quit for Good' (2)

- Reward yourself for reaching personal milestones.
- Record savings made by not smoking or the number of avoided cigarettes.
- BE POSITIVE and remind yourself why you made the decision to stop.
- Find more information to help you quit @:
<https://www.chss.org.uk/heart-information-and-support/how-we-can-help/living-heart-condition/stop-smoking/>

E-cigarettes and vaping



E-Cigarettes & Vaping (1)

What is known about electronic cigarettes:

- e-cigarettes (or vaping) is a form of nicotine replacement therapy.
- e-cigarettes seem to be less harmful than smoking tobacco. However they are not without risk.
- Current advice in Scotland is that vaping or e- cigarettes have less overall risk but they are not currently prescribed to people who wish to stop smoking. If a person chooses to use e-cigarettes, it should be as a stepping stone to quitting
- Smoking tobacco and using e-cigarettes together (dual usage) is not recommended as there is no benefit.



E-Cigarette & Vaping (2)

- e-cigarettes have been around for over a decade but there is not a great deal of research evidence on their quality and safety.
- The long-term effects of smoking e-cigarettes have not yet been fully established.
- More information on e-cigarettes is available @:
<https://www.gov.scot/policies/smoking/electronic-cigarettes/>





Further information and support

Further information & support

Further advice & support on stopping smoking can be accessed through:

- Chest Heart & Stroke Scotland (CHSS) available @: <https://www.chss.org.uk/>
- <https://smokefreeaction.org.uk/wp-content/uploads/2020/05/200105-YHSFACFINAL.pdf>
- [https://www.nhsinform.scot/healthy living/stopping-smoking](https://www.nhsinform.scot/healthy-living/stopping-smoking)

For other information, advice and links to support see slide 8.

Information used to create this resource

Information used to create this resource has been taken with kind permission from:

- https://www.chss.org.uk/documents/2013/08/e4_stopping_smoking_pdf.pdf

Other websites are also referred to/signposted in this resource including:

- <https://www.nhsinform.scot/healthy-living/stopping-smoking>
- <https://ash.org.uk/home/>

If you have any comments/changes/suggestions on Tailored Talks please contact:

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