

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



Smokefree Shropshire

Shropshire Healthy Lives Stop Smoking Service

Do you want to stop smoking?
We can help



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 2 to 12 weeks Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 8 hours Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 3 to 9 months Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 48 hours All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 1 year Great news! Your risk of heart attack will have halved compared with a smoker's.



After 72 hours If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 10 years More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

Quit smoking-Better Health-NHS (www.nhs.uk)



Quitting smoking is one of the best things you can do for your health.

It's never too late to quit smoking.

Shropshire's Healthy Lives Stop Smoking Service offers free, confidential support from a specialist stop smoking advisor to help you stop smoking.

We're here to help, whether you've tried to quit before, been thinking about quitting for a while or you're only just thinking about stopping.

Who is the service for?

Our service supports tobacco smokers aged 12 years+ living or working in Shropshire or registered with a Shropshire GP, who would like help to quit smoking.

If you're pregnant and would like help to stop smoking, speak to your midwife about referring you to the Shropshire, Telford & Wrekin Healthy Pregnancy Support Service or telephone **01952 565732**.

What can I expect?

At your first appointment, your stop smoking advisor will introduce themselves and explain what to expect. Your first appointment with your advisor will be up to 30 minutes long. They'll then meet regularly with you on a one-to-one basis for 3 months to help you set a realistic quit date and support you with managing nicotine cravings and other tobacco withdrawal symptoms.

You'll benefit from

- **Regular one-to-one appointments with a friendly Stop Smoking Advisor over 3 months**
- **Support with changing your smoking habits**
- **Effective guidance and support to help you successfully quit**
- **Regular carbon monoxide (CO) monitoring**

How can I access support?

To book an appointment and take your first step to enjoying the benefits of being a non-smoker scan the QR code or visit **www.shropshire.gov.uk/stopsmoking**

If you're unable to book online or need some support with this, please call **0345 6789 028** (Mon-Fri, 9am-3pm).

