

Smoking and Heart Disease

This fact sheet is for smokers with heart disease. It explains why it is important to stop now and describes effective help that is available on the NHS.

Why stop smoking?

Smokers lose an average of eight years of life unless they stop. They also suffer from diseases of old age for more of their lives. The earlier you stop, the less the damage but stopping at any age makes a difference.

Smoking is one of the most important causes of heart disease. Breathing in smoke makes your blood more likely to form clots which can block your arteries. Over time it also damages the walls of your arteries causing fatty deposits.

If you have angina, stopping smoking will reduce the symptoms and help to prevent it becoming worse. If you have had a heart attack it will reduce your risk of having another one.

Why get help with stopping?

Stopping smoking can be very difficult. This is because of the way that nicotine acts on the brain: it rewards you when you smoke and produces unpleasant symptoms when you try to stop.

If you try to stop without help, your chances of success are about 1 in 20.



What help is available?

Camquit Stop Smoking Service can help you stop smoking in a variety of ways:

1. Stop smoking groups

These run for seven weeks, usually in the evening. The session usually lasts for about an hour and a half. The success rate for people who want to stop smoking in a group is very high - up to 80%.

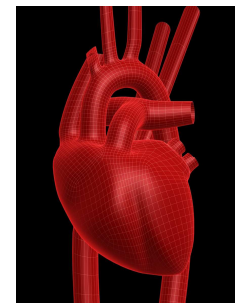
2. One-to-one appointments

You can call our freephone number or look at our website for the nearest clinics to you. See details below.

3. Consult a 'Community Stop Smoking Advisor'

Community advisors are practice nurses, pharmacists or other health professionals who are trained to support smokers wanting to stop. You see the advisor once a week starting one or two weeks before the quit date, and carry on for four weeks after it. Sessions typically last 15-30 minutes. NRT, Zyban or Champix is usually prescribed.

Call Camquit and join the telephone counselling call back service. They will send you an NRT voucher to redeem at your local pharmacist and support you over a six-week period at times that are suitable to you. The call back service is available extended hours from 9:00am to 8:00pm Monday to Friday and from 10:00am to 6:00pm at weekends.



What you should know when trying to stop

You can use NRT because it is simply replacing some of the nicotine you were already getting from cigarettes. However, you should consult your doctor. If you have heart disease, stopping smoking is 36% more effective at preventing a fatal heart attack than other medical treatments. You start to benefit to moment you stop smoking.

In most cases, smokers' stress levels go down when they stop.

Your best chance of success is by getting help!

Contact your local GP or

CAMQUIT on

0800 018 4304 or

www.camquit.nhs.uk

Or text KICKBUTT to

80010

NHS

Cambridgeshire