



# Non-smokers are winners

## What happens when you stop smoking?

**After 20 minutes your blood pressure and pulse go down.**

**After 8 hours the oxygen content in your blood returns to normal.**

**After 24 hours the imminent risk of a heart attack recedes.**

**After 48 hours your sense of smell and taste improve.**

**After 2-12 weeks both your blood circulation and your lung capacity improve.**

**After 1 year the risk of a heart attack has been halved. You are also SEK 13,000 richer.**

**After 5 years the risk of contracting lung cancer has been halved.**

**Also: you get a cleaner home, with no smoke in your clothing, carpets and curtains.**

**If your children grow up in a smoke-free environment, they too will be winners:**

**They will be healthier, they will have fewer respiratory infections and the risk of them contracting allergies and asthma will be reduced.**

**Their chances of remaining non-smokers will increase.**

### • Why is it a good idea to quit smoking?

Tobacco smoke contains more than 4,000 different substances. Over 40 of these are carcinogenic. Others affect your heart and blood vessels.

Smokers tend to be ill more often than non-smokers.

Babies born to women smokers weigh less than the average.

Cardiovascular disease is more widespread among smokers.

Smokers are 10 times more likely to die of lung cancer.

Smokers are 10 times more likely to contract respiratory diseases.

Smokers are more prone to periodontitis (serious loosening of the teeth).

## Try this if you want to give up smoking:

- Consider your reasons for quitting
- Decide which day to stop
- Change your smoking habits: smoke less, and only outdoors
- Kick the habit.

### Why is it so difficult to stop smoking?

The nicotine in cigarettes creates a physical dependency and makes it hard for you to quit.

If your body does not get its daily dose of nicotine, you can become irritated, restless, drowsy, get headaches, and perhaps develop a bad stomach. If the urge to smoke hits you – stay cool, it will pass in 1-2 minutes. Drink a glass of water, brush your teeth, eat some fruit. Pharmacies can advise you about anti-nicotine medicines.

If you need further information, contact your medical centre, maternity

### Children and smoking

At least 75% of the smoke from a cigarette spreads to the surrounding air. Inhaling this air is called passive smoking.

Just the occasional puff is enough to cause the air in a room to deteriorate. Children are more sensitive to toxic substances than adults – including tobacco smoke.

The children of smokers are more prone than other children to sore throats, inflammation of the ear, coughs, bronchitis and pneumonia. Passive smoking can cause asthma and allergies in children.

In the ninth grade, 7 out of 10 children whose parents are smokers smoke themselves.

To protect your child: smoke outdoors. If you stop smoking you reduce the risk of your child, too, becoming a smoker.

clinic (MVC) or child welfare centre (BVC). The Quit Smoking Line, tel 020-84 00 00, offers professional advice in Swedish.