

Patient information

Smoking: How does it affect me?

Smoking

For many people smoking has been a way of life for many years. For some it is a social habit, and something they enjoy, whilst others smoke to help reduce stress and anxiety.

This leaflet is not here to judge what you choose to do, but gives you a rounded view of the facts of the effects that smoking can have on both your lungs and general health.

It must be remembered that smoking is an addiction and for some people it is easy to give up, but for others it may take time and several attempts, with or without support.

One thing that must be remembered though is that it doesn't matter how long you have smoked for, or how much tobacco you have smoked, giving up smoking will not reverse the damage already done, but will:

- Slow the rate at which the lungs deteriorate
- Reduce breathlessness
- Reduce coughing
- Reduce sinus congestion
- Reduce the frequency of chest infections



Smoking statistics

- 93% of mouth and throat cancers are caused by smoking
- 84% of lung cancer deaths are caused by smoking
- 83% of COPD deaths are due to smoking

For every 15 cigarettes you smoke a mutation occurs in your body. Mutations (changes in your cell DNA) are how cancers start.



It is estimated that smoking related health issues are costing the NHS approximately £6 billion per year in hospital admissions, GP consultations and prescriptions, as well as any operations or other treatments needed for smoking-related diseases.

Cigarettes

- designed to get nicotine to the brain as fast as possible (nothing is quicker)!
- in order to achieve this tobacco companies are allowed to add 600 more chemicals to the cigarettes – these chemicals also make them taste better!
- there are 500 gases and 3500 particles given off from a single cigarette!
- nicotine itself does not cause cancer or death – this is caused by the chemicals added to the cigarette

Cigars, pipes, roll-ups and marijuana

A single **cigar** contains approx. 1 ounce of tobacco. That is as much as an entire packet of cigarettes.

Roll-ups contain higher levels (approx. 17.5%) of additives used to stop the tobacco drying out. Roll-ups are often smoked without a filter, meaning more dangerous chemicals enter our lungs.

Some studies suggest that pipe smoking may be less harmful than cigarette smoking, as pipe smokers do not inhale the smoke into their lungs. However, pipe smokers have a much higher probability of developing mouth and throat cancers.



Smoking marijuana is as damaging to your lungs as smoking cigarettes. The smoke irritates your lungs and can cause lung diseases. It can also lead to mental health issues.



What is in a Cigarette??

- ✓ Each cigarette contains more than **5000** different **chemicals**
- ✓ More than **70** of these chemicals are poisonous and **known to cause cancer**



How does smoking affect my lungs?

Our lungs are supposed to be a very sterile environment and so any foreign particles that are inhaled on a regular basis (whether it be cigarette smoke, second-hand smoke, wood/metal dust, fumes or air pollutants) can potentially cause damage to our lungs and how they work:

- Our lungs have a filter system of hairs (cilia) that trap unwanted particles and stop them entering our lungs. Long-term exposure to smoke/dust particles can cause these to clog and stop working (they may even be destroyed completely).
- Our airways become irritated and inflamed, making them narrow. This makes it harder for the air to get into and out of our lungs.
- When our lungs are irritated they produce an inflammatory liquid. This liquid destroys the alveoli (air sacs) which reduces the oxygen's ability to enter our body.
- Our lungs can become stiffer. This makes it more difficult for them to expand and take the oxygen in and then recoil to squeeze out the waste gas (carbon dioxide).

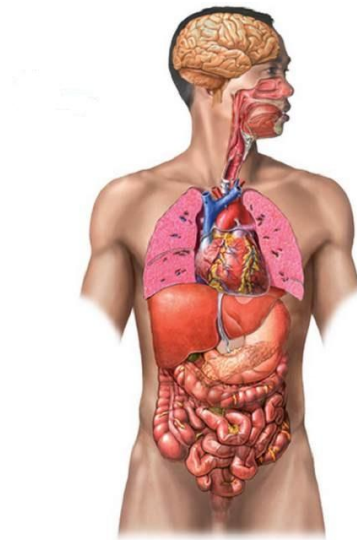
All of these things can lead to:

- Breathlessness
- Wheezing

- Increased risk of chest infections and pneumonia
- Persistent cough
- Increased production of phlegm

How does smoking affect the rest of my body?

Smoking can also have a significantly negative effect on other parts of our bodies:



- It makes our blood thicker and stickier leading to an increased risk of heart attack and stroke
- It causes a build-up of plaque in our blood vessels, caused by smoking, which can narrow the blood vessels and cause high blood pressure
- It increases our risk of developing diabetes by raising blood sugar levels and increasing our resistance to insulin
- It can cause poor memory and increases our risk of dementia due to lack of oxygen to our brain and increased exposure to carbon monoxide
- It reduces bone density, therefore increasing the risk of developing osteoporosis
- It weakens the oesophagus muscle which can lead to problems with acid reflux

Passive smoking or second-hand smoke



Whenever you light a cigarette, or pipe, 'second-hand' smoke is produced.

Second-hand smoke is the smoke breathed out by you (the smoker) and the smoke given off at the end of the cigarette or pipe.

- Second-hand smoke gives off over 4000 chemicals, 50 of which are known to cause cancers.
- More than 80% of second-hand smoke is invisible and odourless.
- When you have a cigarette your body emits toxins for up to 4 hours after you have finished the cigarette.

Second-hand, or passive smokers, are at risk of the same diseases as smokers - they just don't have a choice!!

Exposure to second-hand smoke increases your family's and friends risk of contracting cancer, bronchitis, pneumonia, chest infections, asthma, ear infections, bronchiolitis and bacterial meningitis - to name but a few!

Re-thinking your smoking situation

It must be the right time for you as an individual to want to do this for yourself, otherwise the success rate is lower.

If you are unable to quit smoking, or are not ready (or in the right place mentally), then you could start by:

- making your home and car completely smoke-free. This means no smoking in your home or car (ever), not even when you are alone!
- encourage people that visit your home not to smoke there either!

These small changes will help to reduce the number of cigarettes that you smoke and



will help to improve your health and the health of your family and friends.

DON'T FORGET!!!

Smoking is addictive.....sometimes you will relapse when trying to give up

DO NOT BE DESPONDANT!!

....keep trying and always ask for help if your willpower is not strong!

Don't forget the NHS Stop-Smoking Service is FREE !!!

Smoking cessation options available

Below are five of the most common methods you can use to try and give up smoking:

1) Cold turkey



2) Meditation, hypnosis or acupuncture



3) Nicotine replacement therapy - comes in the form of nicotine gum or patches, micro-tabs, lozenges, nasal sprays and inhalators. These should be used for at least 8-12 weeks for good results

4) Medication - Zyban, Cytisine and Varenicline tablets. These are prescription only medications and help to reduce your cravings for a cigarette.



5) Vaping



Intended to help smokers give up smoking,
not as a long-term alternative to smoking

- invented in 2003 and been available in the UK from 2005
- there is approx. 20 years of research on vapes and e-cigarettes
- UK vapes tightly **regulated** for **safety** and **quality** – if you buy from reputable source
- vapes recommended if you already smoke, but not good for lungs if you have never smoked
- NICE guidelines recommend vapes for smoking cessation

Vaping Facts

- thought to be up to 95% less harmful than smoking cigarettes – contain no tar or carbon monoxide
- nicotine inhaled as vapour – moisture inhalation from this is minimal
- in UK vapes are capped to 20mg of e-liquid (much lower than other countries)
- dual use of smoking and vaping carries no advantage
- vapes should be disposed of in battery recycling due to the lithium batteries in them

Side effects: coughing, dry mouth & throat, mouth & throat irritation, breathlessness and headaches

Vaping vs Cigarette Smoking

| Vaping | Cigarette Smoking |
|--|---|
| CONTAINS | CONTAINS |
| Propylene Glycol and Vegetable Glycerine | Tobacco - 600 additives that are mixed with tobacco |
| Flavouring | ----- |
| Nicotine | Nicotine |
| Heated | Burned |
| 100-250 °C | 600-900 °C |

Types of Vapes



Cigalikes



Tanks



Pens

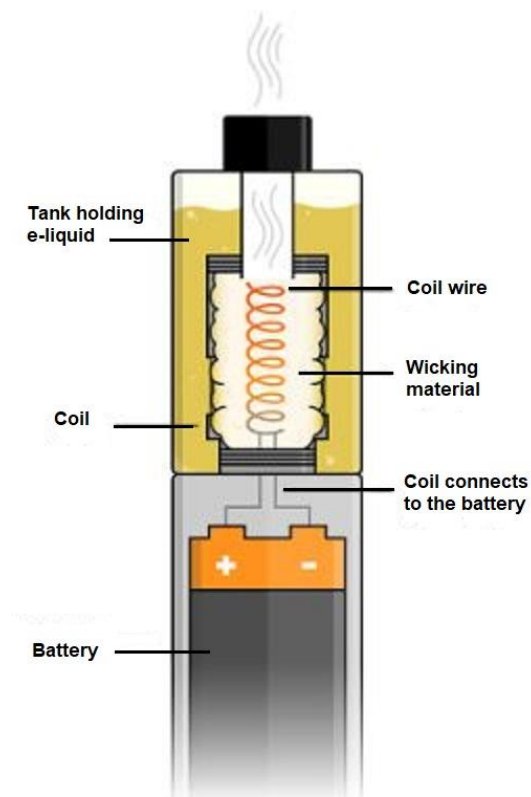


Mods



Pods

Components of a vape device



What is e-liquid made up of?

Propylene Glycol and **Vegetable Glycerin** make up the main part of the liquid. These products:

- are used in products, such as medicines and food, to keep them moist
- they are good solvents – things can be dissolved in them
- they therefore hold the nicotine and flavours
- help to keep the e-liquid ingredients from separating

E-liquids with high levels of Propylene Glycol give the vape user a ‘throat hit’

E-liquids with high levels of Vegetable Glycerin produce thicker denser clouds of ‘vapour’

Other ingredients in e-liquid include **nicotine**, **flavourings** and other chemicals

E-liquid flavours to be aware of!!

- **Berry flavours** - thought to weaken the lungs natural defences making it harder to fight off infections
- **Cinnamon flavour** - most toxic flavour, causes damage to the lungs
- **Cherry flavour** - respiratory irritant

How a vape should be used

The sole use of using a vape should be to help the user reduce, and eventually quit, smoking.

They should therefore be used as a **short-term** assistance for this, not a long-term replacement.

Your stop smoking advisor, or local reputable vape shop, should start you on weaning program:

- you should start on a vape with nicotine strength that will cover your smoking cravings

- you should have regular appointments to review how you are managing and to gradually reduce the nicotine strength in your e-liquid
- you should be trying to extend the duration between each time you vape
- the aim is to help gradually reduce nicotine intake over 12-week period and stop using the vape altogether (this time period will vary from person to person)

How can you tell if a vaping device is illegal?

- the disposable device has a capacity greater than 2mls
- the nicotine strength is greater than 20mgs or 2%
- the device says it contains more than 600 – 800 puffs
- the device is not listed on the Medicines and Healthcare Products Regulatory (MHRA) website

MHRA website: <https://cms.mhra.gov.uk/ecig>

Useful Contacts:

- Your GP, Practice Nurse or Respiratory Nurse
- Local stop smoking services: Feel Good Suffolk: **0345 603 4060**

www.feelgoodsuffolk.co.uk

- Smoke-free National Helpline: **0300 123 1044**

Clinical research

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

Accessibility

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