

No Smoking Day

9th March 2011!

It's simple -the longer you've stopped for the more benefits you will feel. The benefits of stopping smoking continue to grow as time passes:



After –

2 – 12 weeks Circulation improves, making walking and running easier and more comfortable

3-9 months Coughs, wheezing and breathing problems improve. This is as a result of lung function increasing by as much as 10%

5 years The risk of heart attack and stroke is halved

10 years The risk of lung cancer is halved and the risk of heart attack is at the same level as individuals who do not smoke

Medium to long term The risk of developing lung cancer, other cancers, heart disease, stroke and chronic lung disease is reduced. Most important the sooner you stop the sooner your risk starts going down.

Quality of Life If you give up smoking you will feel less stressed and tired and you will be able to enjoy physical activity as it becomes easier. Amazingly food will taste better and your skin will look younger!

No Smoking Day 2011 takes place on Wednesday, 9 March 2011.

Most smokers would really like to stop, but find it hard to. For many the day that their smoke-free life begins never seems to arrive and so the No Smoking Day campaign aims to encourage smokers to think ahead and with the help of No Smoking Day make that day Wednesday, 9 March 2011. The campaign invites smokers to think about their Time to Quit, beginning planning in good time, setting a quit date, getting all the support and information they will need in advance by going to the charity's website dedicated to smokers - www.wequit.co.uk.

For organisations / companies who wish to support the day to help employees to stop smoking information and resources can be found at www.nosmokingday.org.uk.

If you require support to assist in your No Smoking plans then consult your doctor. **CCR Private General Practice** provides help to individuals and organisations wishing to help create healthier lifestyles by stopping smoking. **CALL 029 2076 4611** or visit www.privategpcardiff.co.uk