

# April Newsletter

## Stop Smoking and Feel Better

We all have our little vices: The odd glass of wine at the end of a busy day, a piece of chocolate cake to indulge and comfort, or a cigarette outside the office to calm a stressful situation.

10 million people smoke in the UK and they do it for all sorts of reasons. Some people smoke when stressed, others to control appetite, while for some it is a social thing that bonds them with friends and brings acceptance from peers.



Whatever the reason, it is a costly habit both to the pocket and the health. Someone smoking twenty cigarettes per day at the cost

of **£5.59** per pack will pay out the royal sum of **£2040.35** over a year to fund their cigarette habit. That's enough to pay for a really good holiday, or a down-payment on a new car or many other luxuries.

Smoker's lungs



Non-smoker's lungs

But perhaps if the finances don't do it, considering the long-term health risks of smoking over years of your life will make a smoker sit up and think.

Smoking also puts you at a much higher risk of contracting cancer, having a stroke or a breathing-related illness in later life.

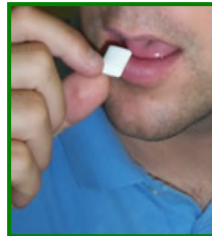
If you want to give up smoking you don't need to do it alone. Many GP practices these days have smoking cessation clinics, offering much needed support and encouragement through the most difficult days of stopping smoking. Alternatively, you could try **acupuncture**, **reflexology** or **hypnotherapy** to help you tackle your addiction – all therapies offered at **The Orchard**.



Smoking reduces the amount of oxygen you can carry to your heart so it practically doubles your chances of having a heart attack.

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Another option is nicotine replacement therapy which can help double your chances of quitting compared with using willpower alone and you will find a number of different brands available over the counter at your pharmacy.



Here are some facts to boost you as you try to give up:

- Within 8 hours your blood will detox as the nicotine and carbon monoxide leave your bloodstream
- Your breathing will improve within 72 hours and your energy levels will increase
- After 3-9 months you will find that your breathing has continued to improve and the coughs and weezes you had before will be on the way out
- After 5 years your risk of a heart attack will be half that of a smoker
- After 10 years your risk of lung cancer will be half that of a smoker

So, take heart! Make a positive decision to invest in yourself and a longer, healthier life and give up smoking.



Get rid of all cigarettes in the house (even that spare pack for emergencies hidden at the back of the cupboard!) and make yourself a plan of action. Enlist the help of friends and/or family to support you, take more exercise, eat a healthy diet and change the habits you have built up around your smoking.

Gradually you will find that you have moved from defining yourself as a smoker, to a non-smoker and you will feel so much better for it. Good Luck and Happy Easter!

If you would like further help and would like to talk to a therapist, visit our website

[www.orchardleeds.co.uk](http://www.orchardleeds.co.uk)