

How we can help you

Live Well Suffolk is Suffolk's free healthy lifestyle service and we can help you to quit smoking for good.

We hold both one-to-one and group stop smoking sessions throughout the week across the county. With our help you are up to four times more likely to quit.

If you have other concerns around quitting such as weight gain, our community health coaches can help with these too. We run free weight management and physical activity courses to support you in making your healthy changes.



Help from Live Well Suffolk

All our services are FREE.
We provide help and advice on:

- stopping smoking
- physical activity
- weight loss
- healthy eating

Call us now for details about our services
in your area:

Tel: **01473 22 92 92**

You can also get in touch via e-mail or text:

E-mail: info@livewellsuffolk.org.uk

Text: **LIVEWELL to 65000**

There's also lots of helpful information,
tools and videos on our website.
Visit www.livewellsuffolk.org.uk today.



Live Well Suffolk
Steps to a healthier future



Head Office: Adelphi House, 8 Turret Lane, Ipswich IP4 1DL

Live Well Suffolk is commissioned by Suffolk County Council in partnership with the NHS

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Stop smoking, start living!



Why should I quit?

Nearly one in five adults in Suffolk smoke and approximately half will die from the habit.

When you smoke a cigarette it produces a thick black substance called Tar and this contains over 4,000 chemicals. Over 60 of these chemicals are known to cause cancer.

Smoking can also cause your blood vessels to become blocked which means that, as a smoker, you are more likely to have a heart attack or a stroke.

Additionally, carbon monoxide is a poisonous gas that you inhale whilst smoking. This reduces the oxygen in your blood which means that your heart has to work harder which in turn can make you feel breathless and tired.



What are the benefits of quitting?

The good news is that the moment you quit, the health benefits kick in:

- after 20 minutes your blood pressure and pulse return to normal
- after 24 hours carbon monoxide has gone from your body
- after 48 hours your ability to taste and smell improves
- after 3 days your breathing is easier and you have more energy
- after 3-9 months coughing and wheezing improves and your lung function increases by 10%
- after 5 years the risk of having a heart attack falls to half that of a smoker
- after 10 years the risk of lung cancer falls to half that of a smoker and risk of heart attack is the same as a non-smoker

Other effects of smoking

People who breathe in other people's smoke are at risk of the same diseases as smokers.

It causes thousands of deaths per year and children are most at risk because their bodies are still growing and developing. Children who live with smokers are up to four times more likely to become smokers themselves.

Smoking can also affect fertility so if you are planning a family, now is a good time to quit.

Pregnant women should not smoke as it increases the risk of complications for mother and baby at all stages of the pregnancy.

Quitting at any time both during pregnancy and following the birth is a really positive thing to do!

How much money will I save?

If you pay an average of £7.30 per pack you will save:

	10 a day	20 a day	30 a day
1 day	£3.65	£7.30	£10.95
1 week	£25.55	£51.10	£76.65
2 weeks	£51.10	£102.20	£153.30
3 weeks	£76.65	£153.30	£229.95
1 month	£109.50	£219.00	£328.50
6 months	£650	£1,300	£1950
1 year	£1,299	£2,598	£3,897
10 years	£12,994	£25,988	£38,982
20 years	£25,988	£51,976	£77,964

How do I stop smoking?

Nicotine in cigarettes is very addictive which can make it hard to stop. For your best chance of stopping for good, take these three steps:

1. Get Help. Don't try and go it alone. Live Well Suffolk has trained advisors who can help you every step of the way.
2. Plan your quit. Decide on a quit date and stick to it.
3. Not a puff. Cutting down may feel like a good idea but can make stopping altogether harder. Even low level smoking has risks, so aim for zero.