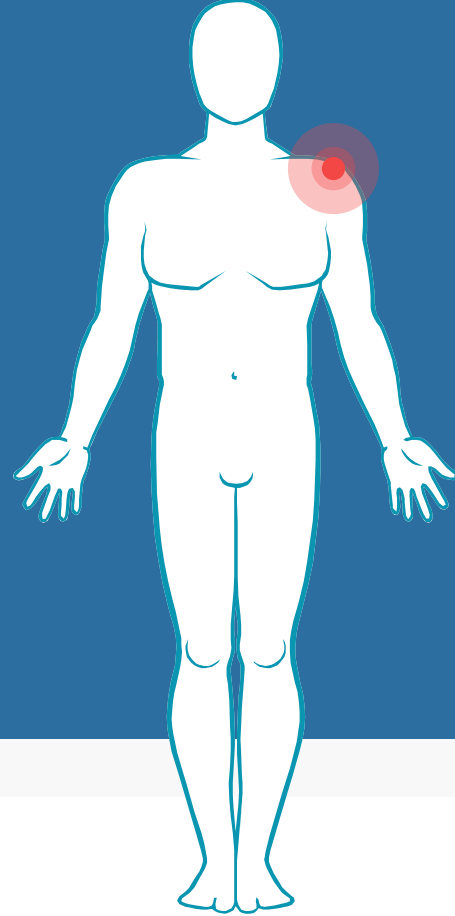


On-Call

Digital Resources

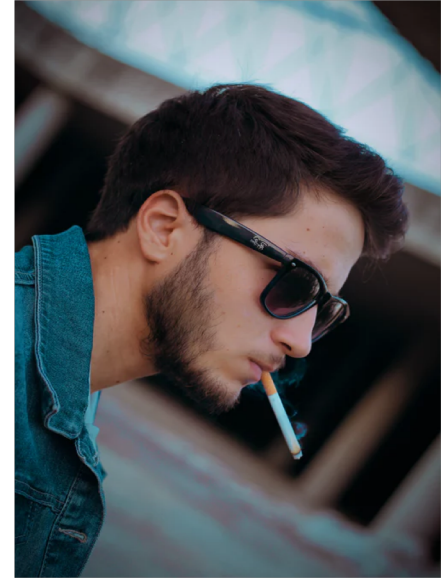
Why You Don't
Want to Smoke



Effects to Smoking

Some of the reasons why you don't want to smoke:

- Acne
- Body Hair
- Lung Problems
- Stress
- Wrinkles
- Heart Problems



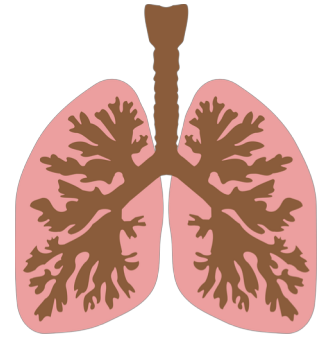
Reason 1: Acne

- Alteration of the Skin
- Toxins reduce blood flow
- Increased risk of skin infection



Reason 2: Poor Lung Health

- Smoking destroys the alveoli, which are responsible to pass oxygen in the blood
- Smoking also significantly increases your risk of lung cancer



Reason 3: Increased Stress

- Smoking causes a feeling of constant nervousness
- It is a common myth that smoking relieves stress
- Rather, as smoking is a stimulant and not a relaxant it can increase your feeling of agitation



Reason 4: Skin Ageing and Wrinkles

- Skin ages prematurely
- Smoking reduces collagen and elastin levels in the skin
- Your face can lose its elasticity, which leads to people looking older than they are



Reason 5: Heart Problems

Smoking leads to:

- An increase in blood pressure
- Your heart having to work harder to counter-act the loss of blood circulation, meaning that you are putting an extra strain on your heart
- This can lead to coronary heart disease



What Happens when you Stop Smoking?



- After 8 hours:
 - The oxygen levels in the blood return to their normal state,
 - The levels of nicotine and carbon monoxide in your body are reduced by half.
- After 24 hours:
 - Carbon monoxide leaves the body and the lungs begin to expel mucus.

What Happens when you Stop Smoking?



- After 48 hours:
 - The nicotine has disappeared.
 - Your sense of taste and smell improve remarkably.
- After 72 hours:
 - Breathing becomes much easier.
 - The bronchi relax.
 - Energy levels increase.

What Happens when you Stop Smoking?



- From 2 to 12 weeks:
 - Blood circulation improves.
- From 3 to 9 months:
 - Coughing, “wheezing” and breathing problems improve, since lung function increases by just over 10%.

What Happens when you Stop Smoking?



- After 12 months:
 - The risk of cardiac arrest is reduced by half with respect to the risk of the smoker.
- After 10 years:
 - The risk of lung cancer is also reduced by half, compared with the same risk suffered by a smoker.
- After 15 years:
 - The risk of cardiac arrest is reduced to that of a person who has never smoked.



Erasmus+

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