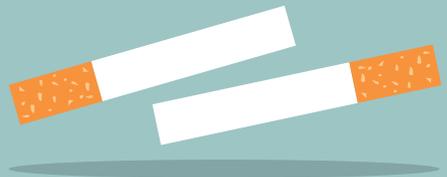


Smoking with diabetes is life-changing, permanently.



Find out how we can help you
quit smoking and live a longer,
healthier life.

Call. Quit. Live.

Supported by
Pfizer Limited



KNOW THE RISKS

You are up to **3 times more likely to have a heart attack** than a non-smoker.



You are over **10 times more likely to have a lower leg amputation** than a non-smoker.



And, you are up to **3 times more likely to have a stroke** than a non-smoker.



GETTING HELP TO QUIT

What help can I get to stop smoking?

There is a range of local support to help you stop smoking, all delivered by experienced, trained professionals.

- Friendly and informal weekly stop smoking groups and one to one sessions in local venues.
- All local pharmacies offer stop smoking support as a drop in service.
- Hospital inpatients can be supported to stop smoking in hospital and ongoing support arranged on discharge.

All offer

- FREE relaxed, friendly advice and support from trained professionals.
- Stop smoking medication if required.
- Information about effective ways to stop smoking.

And remember, you're up to four times more likely to stop smoking with the support of your local stop smoking service than by going it alone.

"The support is very encouraging, helpful and supportive, talking to other people can really help."

(Community client)

THE QUITTING TIMELINE

After 20 minutes:

Your heart rate and blood pressure drop.

After 1 year:

The excess risk of heart disease and stroke is half that of someone who continues to smoke.

After 10 years:

The risk of dying from lung cancer is about half that of a person who is still smoking.

After 15 years:

The risk of heart disease and stroke is the same as that of a non-smoker's.

Call. Quit. Live.

Call Smokeline: we can help you quit smoking and live a longer, healthier life. Local contact details can also be found on our website at www.nhsggcsmokefree.org.uk.

0800 84 84 84

