

MAY 31ST



WORLD NO SMOKING DAY

GOOD REASONS TO STOP SMOKING FROM TOP TO TOE

BRAIN

- Quitting can rewire your brain and break the cycle of addiction

HEAD AND FACE

- Improves your night vision, and preserves your overall vision
- Brighter smile and cleaner mouth
- Clear skin and protection from premature ageing
- Increased sense of smell

HEART

- Reduce risks of heart attacks and heart disease
- Reduce blood pressure and heart rate
- Heart attack risk declines within 24 hours
- Reduce risk of strokes

BLOOD & CHOLESTRAL

- Thinner blood reduces risk of blood clots
- Heart has less work to do and can move blood around the body more easily, thereby reducing the risk of heart attack, or angina or strokes
- Lower levels of cholesterol and fats circulating in the blood, reduces the build-up of fatty deposits in the arteries

LUNGS

- Whilst the scarring of lungs is not reversible, stopping smoking is important to do before the lungs are permanently damaged and lung cancer occurs
- Prevent emphysema
- Regrowth of the cilia in the lungs, which assists in fighting off colds and infections

STOMACH & HORMONES

- Reduce belly fat and reduce the risk of diabetes
- Return to normal of Oestrogen levels in women

BLOOD & IMMUNE SYSTEM

- Normal white blood cell count
- The improvement of blood flows allows for proper healing of wounds due to a better flow of oxygen and nutrients to the wound
- Stronger immune system

MUSCLES & BONES

- Increase of availability of oxygen in the blood, and stronger and healthier muscles
- Reduction of fracture risks