

The average smoker smokes 10 cigarettes a day.
The average price of a packet of 20 cigarettes is £11.02

Time Scale:	Price:	Equivalent to:
A week	£38.57	2 large high street takeaway pizzas, (think of how much more you could get in a deal)
A month	£154.28	Weekend ticket to a music festival
Just over 8 months	£1382.00	The average annual pay increase for a Pte/LCpl
1 year	£1851.36	Return flight to Melbourne, Australia
2 years	£3702.72	Flights + Hotel for a week in Las Vegas, with over £1,500 in spending money
2 years and 8 months	£5282	Operational allowance for a 6-month deployment
5 years	£9256.80	4-month cruise, around 24 different countries
10 years	£18,513.60	A house deposit
20 years	£37,027.20	Mercedes C-Class Coupe AMG



WANT TO STOP SMOKING?
TAKE YOUR FIRST STEPS NOW!

Smoking Cessation Services are available in every DPHC medical centre or NHS Medical Facility. Call yours for Advice and to book a Smoking Cessation Consultation.

Advice and support is available at:

- NHS Stop Smoking Services <https://www.nhs.uk/live-well/quit-smoking/>
- Smoke-Free National Helpline 0300 123 1044
- Action on Smoking and Health www.ash.org.uk

Further information can be found on the Army Health and Wellbeing page on [Defence Connect](#).



AC64687

Creative Media Design ADR009826v2

STOP SMOKING -
AN INDIVIDUAL'S
GUIDE



Army
Health
Promotion

FIT FOR LIFE | FIT TO FIGHT



Quitting smoking is one of the best things you will ever do **to improve** your health. With each cigarette you smoke, over 5,000 chemicals are released, many of these are poisonous and have been found to cause cancer.

SMOKING IN THE ARMY

The Armed Forces is a high-risk occupation due to the physical demands of the job. Smokers are at a significantly greater risk of musculoskeletal injury (MSKI) than non-smokers due to a reduced bone density with slower recovery in both soft tissue and fracture healing.

HOW SMOKING HARMS THE BODY

SLEEP

Harder to fall asleep, reducing recovery and adaptation

DENTAL HEALTH

Stained teeth and increase risk of inflammations that can lead to tooth loss

IMMUNE FUNCTION

Decreases immune function, increasing chances of cancer, heart attacks and stroke

MUSCULOSKELETAL INJURY

Delays healing to muscles and bones, increases stress fracture risk and medical discharge as a consequence

SKIN AND APPEARANCE

Substances in cigarettes can cause dry, leathery skin and premature aging

SMELLY HAIR

Tobacco smoke can stick to your clothes and hair

SENSES

Decrease taste and sense of smell

LUNGS

Prolongs symptoms of asthma and can lead to death from lung cancer

FERTILITY

Harder to conceive, harmful to unborn baby

BONE

Reduces bone density, increasing osteoporosis risk in women



PASSIVE SMOKING

Passive smoke is the smoke people breathe in when near someone who is smoking. When you smoke, those around you are breathing it in too and it is damaging their health. Children who live with a smoker are at a higher risk of allergies and breathing problems such as asthma.

QUITTING

We know quitting smoking is difficult. It may feel like a huge challenge. You may have tried and failed many times before. There is help on hand through Smoking Cessations Clinics and alternative products that you can use to help you on your journey to become smoke-free.

Did you know last year alone 400,000 smokers in England quit smoking for good

E-CIGARETTES/VAPING

E-cigarettes and Vaping are much less harmful than smoking.

There is growing evidence that e-cigarettes/vaping has helped many thousands of smokers to quit and that they are even more effective if combined with expert help.

WHAT HAPPENS AT THE FIRST SMOKING CESSATION SESSION?

- At your first meeting you will talk with the Advisor about why you smoke and your reasons for wanting to quit.
- The Advisor will offer you a breath test which will show the level of carbon monoxide - a poisonous gas in cigarette smoke - in your body.
- You will discuss with the Advisor the smoking cessation products that are available to you and the advantages and disadvantages of each.
- The Advisor will help you form an action plan and set a quit date.

Seeking help will not jeopardise your training and career in the Army.

PERFORM BETTER, FEEL BETTER

Did you know that you can reduce your risk of injury by 60% just by quitting smoking? And your chances of getting a cold or flu in any one year by 50%.

As a result of not smoking you **will** perform better, feel better and have more time to concentrate on training or other activities. You could be stronger, more powerful, run faster and exercise for longer than those who smoke.

WHAT HAPPENS WHEN YOU QUIT?

The sooner you quit, the sooner you will notice positive changes to your body and health.



STRATEGIES TO AVOID SMOKING

- ✓ Avoid socialising with smokers in a smoking environment. Alcohol increases the urge to smoke in some people. If your friends are smokers, then meet them in places that are smoke free (restaurants, cinemas, shops)
- ✓ Look for new hobbies and activities that encourage you to be physically active and avoid the activities that are linked to your smoking
- ✓ If the first cup of morning coffee is accompanied with a cigarette, then replace the coffee with tea or fruit smoothie to dissociate the behaviour
- ✓ At coffee breaks or after meals where you may reach for a cigarette, go for a walk or cycle, surf on your phone (or check Defence Connect).