

SMOKING THE FACTS

Live a Longer Healthier Smoke-Free Life

National No Smoking Day 8th March 2006

In Doncaster we estimate that 61% of male and 71% of female smokers want to quit

- Hair and breath no longer smell of tobacco
- No smoker's cough
- Feel good about yourself
- Increased chance of a healthy pregnancy



Get the help you need to build a healthier future, talk to your family doctor or local smoking cessation services:
Doncaster SmokeFree 01302 311032
Doncaster SmokeFree Pregnancy 01302 640070

- Improved sense of smell and taste
- Improved breathing and more energy
- Less health worries
- More money in your pocket



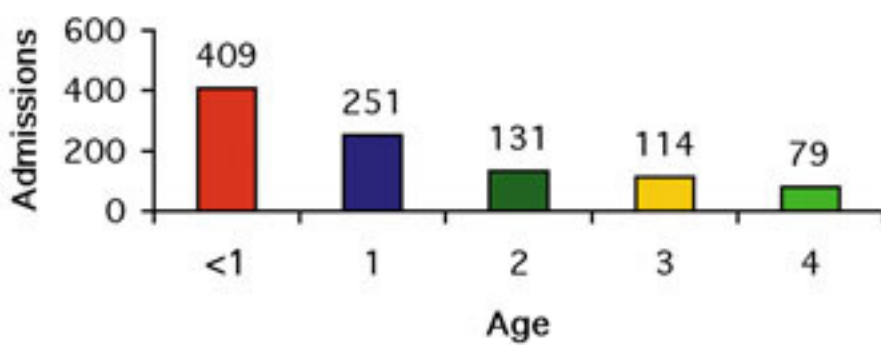
If you smoke, giving up is probably the greatest single step you can take to improve your health

People who have never smoked have an estimated 10-30% greater risk of lung cancer if they live with a smoker

There is no such thing as a safe cigarette

The sooner you stop, the greater the chance that your lungs will not be damaged

Doncaster Respiratory Admissions: 3 Year Average, Children Aged 0 - 4 (2002-2004)

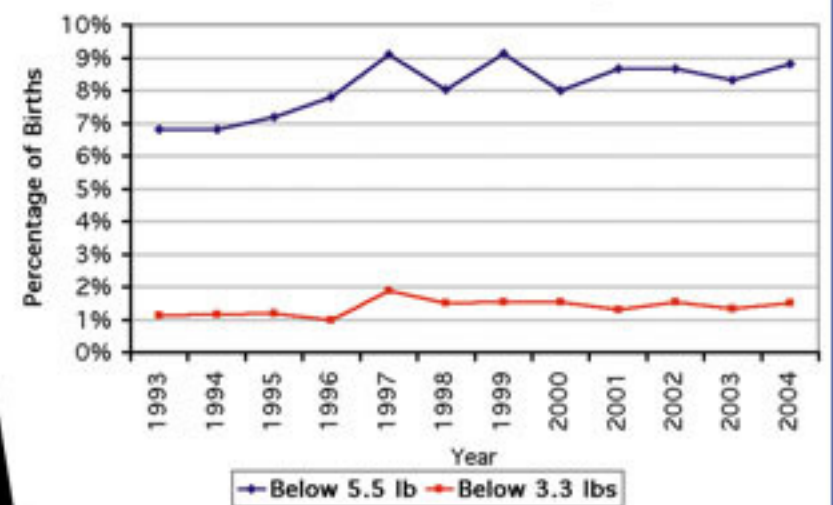


In Doncaster 13% of children under the age of one were admitted to hospital with respiratory complaints (2002-2004).

Children living in homes where adults smoke are breathing air polluted by tobacco smoke. Infants and young children exposed to tobacco smoke have increased rates of respiratory infections, asthma, ear infections, and impaired lung growth.

Children should be protected from passive smoking.

Doncaster: Low Birth Weight



Smoking in pregnancy affects the baby's growth rate; on average babies of smoking mothers are 7-8oz lighter at birth. Every year in Doncaster an average of 282 babies are born with a birth weight below 5.5lbs. Low birth weight is associated with increased illness and a greater risk of sudden infant death in the first year of life, and early childhood.

DONCASTER HEALTH COMMUNITIES

PUBLIC HEALTH INTELLIGENCE UNIT, DONCASTER PRIMARY CARE TRUSTS

Smoking causes: 64% of deaths from aortic aneurysm, 20% of deaths from myocardial degeneration, 19% of deaths from ulcer of the stomach or duodenum

Smoking causes: 86% of deaths from chronic obstructive pulmonary disease, 40% of deaths from pneumonia (people aged between 35 and 64), 58% of deaths from ischaemic heart disease (people aged between 35 and 54)

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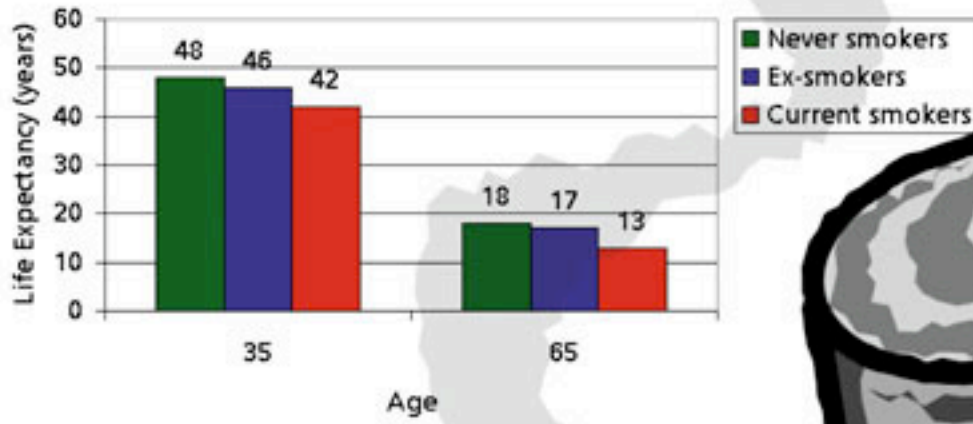
PEOPLE WHO DO NOT SMOKE HAVE A LONGER LIFE EXPECTANCY

A 35 year old man who smokes can expect to die on average 7 years earlier than a man who has never smoked.

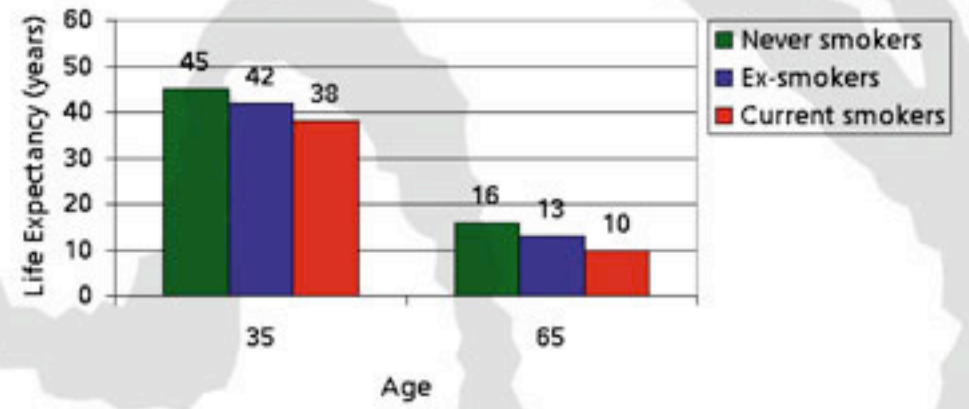
A 35 year old woman smoker can expect to die on average 6 years sooner than a woman who has never smoked.

It is estimated that one in every two smokers will die prematurely as a result of smoking

Women: Life Expectancy at Age 35 and 65



Men: Life Expectancy at Age 35 and 65



In Doncaster 28% of men and 25% of women smoke. Most people killed by tobacco start smoking when they are teenagers

- Prematurely Wrinkled Skin
- Cancer of the Mouth, Throat & Oesophagus
- Coronary Heart Disease
- Lung Cancer
- Reduced Fertility
- Low Birth-Weight Baby
- Increased Risk of Miscarriage
- Greater Risk of Osteoporosis

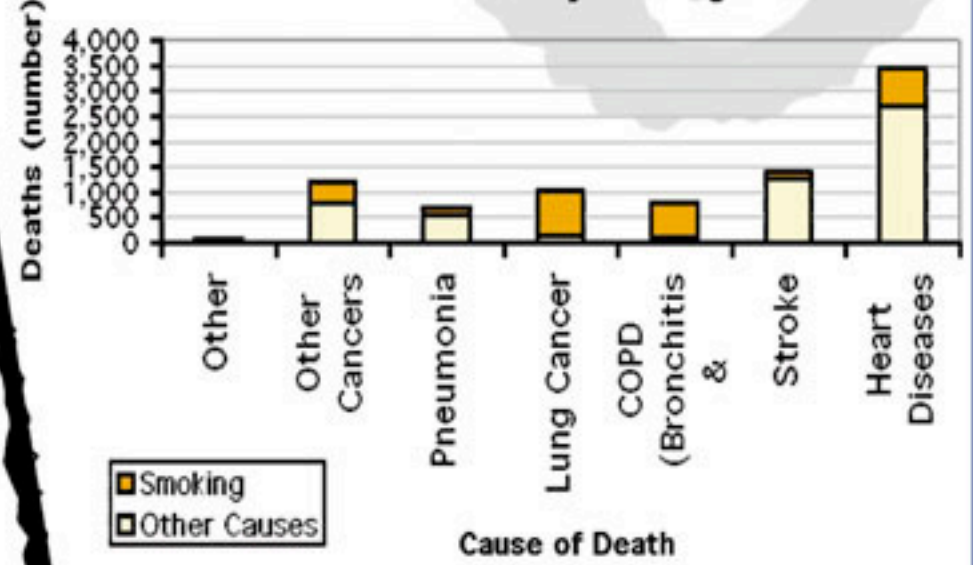


Tobacco smoke contains 43 known cancer-causing agents

Over 50 diseases are known to be caused by smoking

For every 1000 20 year old smokers it is estimated that one will be murdered, six will die in road accidents, and 250 will die in middle age from smoking

Doncaster Deaths Caused by Smoking: 2000 - 2004

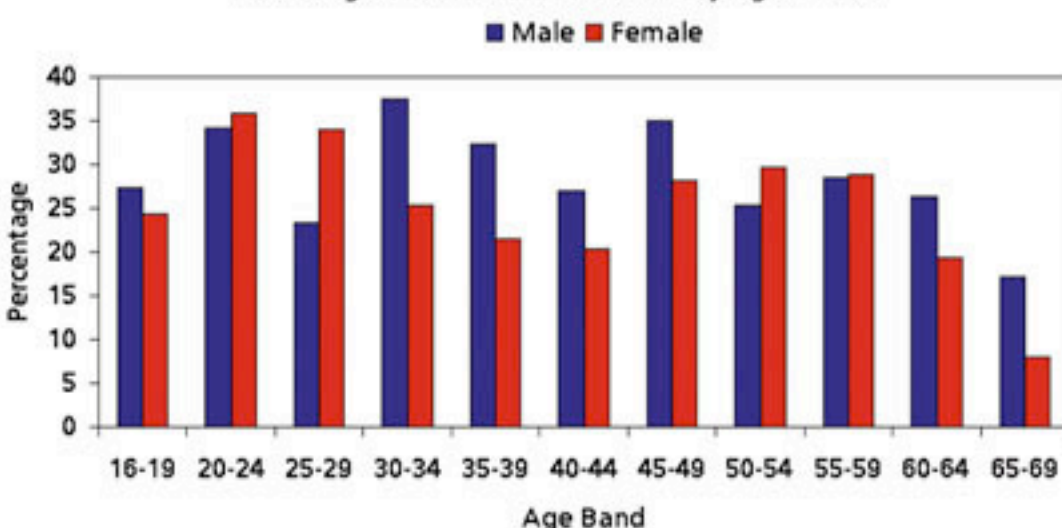


Smoking kills more than 13 people an hour in the UK, it is the single greatest cause of preventable illness and death.

In Doncaster, nearly 600 people a year die as a direct result of tobacco smoking.

Children in homes where both parents smoke are nearly three times more likely to be smokers than children whose parents do not smoke

Percentage of Smokers in Doncaster by Age and Sex



- Stroke
- Discoloured Teeth
- Cancer of the Larynx
- Chronic Obstructive Lung Disease
- Pancreatic Cancer
- Ulcer
- Increased Risk of Impotence
- Bladder Cancer
- Peripheral Artery Disease

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