



Unfortunately 10 is the number of years smokers die younger than none smokers!

Nicotine, the addictive drug in tobacco, provides instant but very short-lived stimulation to the nervous system, reducing tiredness and improving concentration.



What are the advantages of giving up?

You probably know these already, but it boils down to this: one in two smokers will be **killed** by their habit. This is because smoking causes:

- one-third of all cancer deaths
- four out of five lung cancer deaths
- four out of five deaths from bronchitis and emphysema
- one in four deaths from heart disease

No part of the body is unaffected. **2,000** arms and legs are amputated every year in the UK as a direct result of smoking.

How smoking harms the body

Heart Doubles the risk of having a heart attack		Brain Increases risk of having a stroke by at least 50%	
Lungs It causes 84% of deaths from lung cancer and 83% of deaths from COPD		Mouth and throat Increases risk of cancer in lips, tongue, throat, voice box and gullet (oesophagus)	
Circulation Increase blood pressure and heart rate		Stomach Increases chance of getting stomach cancer or ulcers	
Fertility (men) Smoking can cause impotence in men		Fertility (women) Smoking can make it harder to conceive	
Bones Can cause bones to become weak and brittle and increases the risk of osteoporosis in women		Skin Prematurely ages skin by between 10 and 20 years	

120
80

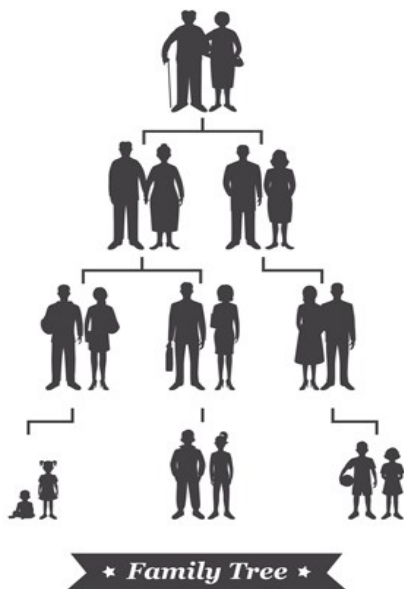
120
80

Do you know your blood pressure?? 120 over 80 is normal.

Heart disease is caused when the arteries that pump your blood get damaged with gunk called plaque. This makes the arteries harden and narrow.

Tune your engine by using the right fuels.

- fresh air
- a balanced diet
- a healthy weight
- regular exercise
- a relaxed attitude.



Know your history

You can get a good idea of the hand you've been dealt by knowing your history.

Many health problems run in families: heart disease, cancer, strokes, depression, mental health challenges. Find out if your parents, grandparents, aunts and uncles have had any of these illnesses, especially if they died young.

Make sure your GP knows your family health history.

Get a check-up!!

Meanwhile, get your blood pressure and cholesterol levels checked or check your heart age <https://www.menshealthforum.org.uk/heart-health-faqs>