

ppm Breath	COHb % blood
60	9.60
55	8.80
50	8.00
45	7.20
40	6.40
35	5.60
30	4.80
25	4.00
24	3.84
23	3.68
22	3.52
21	3.36
20	3.20
19	3.04
18	2.88
17	2.72
16	2.56
15	2.40
14	2.24
13	2.08
12	1.92
11	1.76
10	1.60
9	1.44
8	1.28
7	1.12
6	0.96
5	0.80
4	0.64
3	0.48
2	0.32
1	0.16
0	0.00

Do you know your CO?

As a smoker you take carbon monoxide into your body every time you smoke. You could have as much as 10% carbon monoxide (CO) in your bloodstream. This can lead to potential risks to your health which could affect your circulation, breathing and blood pressure.

Carbon monoxide can be found in faulty gas boilers, car exhaust fumes and lit cigarettes. The good news is within 24-72 hours of stopping smoking, your CO levels drop to that of a nonsmoker, which means the levels of oxygen in your body rise to a healthy level.

Track your CO reading

Date	Reading

- 20+ heavy smokers reading
- 11-20 average smokers reading
- 7-10 lighter smokers reading
- 0-6 non smokers reading

You quit, your way

We know that different things work for different people, so our free and confidential NHS stop smoking specialists can help find what's right for you. You can use any combination of our support, whatever suits you best.

We run a variety of stop smoking sessions including face to face, group, telephone and video support sessions.

We're not here to judge

Deciding to quit smoking is a big decision, but one that you won't regret. Our staff are friendly, approachable, non-judgemental and here to help.

Stop smoking products

We can provide advice on a range of products and medications that can help you quit, including nicotine replacement therapy such as patches, other stop smoking medications and vapes.

Not sure what's best for you?

Our website provides access to lots of help, information and encouragement, alongside support from our friendly, experienced team of advisers.

To find out more about Yorkshire Smokefree visit:

www.yorkshiresmokefree.nhs.uk

Or call:

0800 612 0011 **0330 660 1166**
free from landlines free from most mobiles

If you require a copy of this information in any other format or language please contact the Trust.

JOB NO 5418 DEC25

NHS

**Yorkshire
Smokefree service**

**Get FREE help
and support to
STOP SMOKING
...for good**



0800 612 0011

free from landlines

0330 660 1166

free from most mobiles

@YSmokefree

@yorkshire_smokefree

Search 'Yorkshire Smokefree'

www.yorkshiresmokefree.nhs.uk



With **all of us** in mind.

Health benefits of stopping smoking

The amazing thing about the human body is that it takes just 20 minutes for health benefits to start. Look what happens after you smoke your last cigarette:



- **After 20 minutes** – Blood pressure and pulse return to normal.
- **After 8 hours** – Oxygen levels are recovering and harmful carbon monoxide in your body has halved.
- **After 48 hours** – All carbon monoxide is flushed out. Your lungs are clearing out mucus and your taste and smell are improving.
- **After 72 hours** – Breathing feels easier and you feel more energetic.
- **After 2-12 weeks** – Your blood is pumping to your heart and muscles better thanks to improved circulation.
- **After 3-9 months** – Your lungs are working 10% better, so less coughing and wheezing.

All this significantly improves your health and continues as you remain smoke free.

After 6 months - your risk of heart attack, cancer and other smoking diseases begins to fall.

Whatever your reasons for quitting, we are here to help every step of the way.

"Since putting down the cigarettes, I've noticed my money goes that bit further, allowing me to improve my quality of life."

"The service has been very friendly, kind and helpful in helping me quit. I feel so much healthier."

Stop before your op

If you are undergoing treatment or waiting for surgery, it's important you stop smoking as soon as possible.

We can support you before, during or after your hospital stay.

The facts

Smoking greatly increases the risk of complications during treatment and surgery. Stopping smoking as soon as possible before your op is the very best for your recovery.

The benefits of stopping before your op:

- Less anaesthetic for surgery, leading to a shorter recovery time and fewer complications
- Wounds that heal more quickly and less risk of infections
- Lower risk of dangerous blood clots after surgery

The good news is, it's never too late to quit. Even if you stop just two days before surgery, it can still reduce some of the risks.

Second-hand smoke

When you smoke inside your house or car, everyone around you is exposed to harmful second-hand tobacco smoke, including children, babies, other adults and pets.

Did you know?

- Most second-hand smoke is invisible and odourless, so even if you can't see or smell any smoke, it's probably still there
- Cigarette smoke contains over 4,000 chemicals and over 50 of these cause cancer



- People who breathe second-hand smoke are at risk of many of the same diseases as smokers, including cancer and heart disease

What are the benefits of making my home and car smokefree?

- Your house is cleaner and smells fresher
- Reduces the risk of cigarette related fires
- Protects family, friends and pets from illnesses caused by second-hand smoke

How do I make my home and car smokefree?

- Always smoke outside – closing doors and windows nearby
- Make the car and home smokefree zones
- Ask family and friends to stick to the smokefree car/house rule

It is against the law to smoke in a private vehicle if a young person under 18 present.

Smoking and pregnancy

Smoking during pregnancy increases the risk of miscarriage, still birth and premature births.

Babies and children exposed to secondhand smoke are more at risk from chest infections, asthma, meningitis and sudden unexpected deaths in infancy.

Stopping smoking before pregnancy, or as early in your pregnancy as possible, and making your home and car completely smokefree, is the best for everyone.

There is lots of help available to support pregnant women to quit smoking, and family and friends can get help too. Contact us for further details of what's available in your area.

