



### Smoke Free, Happy Heart – Make a Fresh Start



The North West London Cardiac Network brings together clinicians, other professionals and managers from National Health Service (NHS) organisations across NW London to work together to ensure equal access to services and the overall improved outcomes for cardiac patients.

### Smoke Free England – 1st July 2007

**From Sunday 1st July 2007** virtually all enclosed public places and workplaces in England will become smoke free.

Your local council is leading the implementation of Smoke Free England. A major programme is underway with large and small businesses to help them go Smoke Free.

In addition, from 1<sup>st</sup> October 2007, the legal age for buying tobacco products increases from 16 to 18 years. This will ensure a healthier environment across England, so everyone can socialise, relax, travel, shop and work free from exposure to secondhand smoke.

Secondhand smoke (smoke from other people's cigarettes) contains over 4,000 chemicals, including known cancer causing agents and toxins.

Just 30 minutes of exposure to secondhand smoke is enough to reduce blood flow to your heart.

Do you know that secondhand smoke increases a non-smoker's risk of getting heart disease by 25%?

Smoke Free England will enable people to have a healthier environment.

#### Make a Fresh Start!

Now is the time to make a fresh start because:

- **Smoking is a major cause of heart disease in both men and women.**
- **One in five deaths from heart disease are related to smoking.**
- **Heart disease occurs earlier in smokers. Smoking increases the risk of heart disease by up to 70%.**
- **70% of smokers want to stop smoking.**

**Stopping smoking is the single most important step you can take to prevent heart disease.**

Your local Stop Smoking Service offers a friendly confidential service to help you, or someone you care about, give up smoking. They have an experienced team of professionals available to support you. It may take you several attempts to quit.

You are 4 times more likely to successfully quit smoking with their support and NRT (nicotine replacement therapy).

**For help, advice and information about your local Stop Smoking Service, call the NHS Smoking Helpline, free, on 0800 169 0 169.**

For more information on the activities of the Network, or to comment on how we can improve our communications, please visit our website: [www.nwlc.nhs.uk](http://www.nwlc.nhs.uk)



## Make a fresh start now!

To help you keep off the cigarettes once you have stopped smoking, think about your heart and keep yourself busy. Try to:

### Build up to 5-a-day on fruit & vegetables

- remember to include fresh fruit & vegetables in your shopping basket
- chop up raw veggies into finger food for lunch
- start a fruit bowl at work, as well as at home, to deter snacking.

### Build up to 5-a-week on 30 minutes of moderate physical activity

- Try a walk, cycle or swim, even if it's for 10 minutes
- Test environmentally friendly local walks or cycle paths
- Try out local leisure facilities with a friend or join an exercise class. For example gym, aerobics, swimming, dance, yoga, Tai Chi, or martial arts.

### Shake down your salt intake to less than 6g a day

- Switch from ready meals to fresh foods whenever you can
- Reduce salt in cooking
- Remove salt from the table
- Boost up your herbs & spices to add flavour.

Support Smoke Free England by helping smokers to quit.

Don't give up giving up. It's worth it.

You deserve a better life.

Don't smoke and don't breathe others' tobacco smoke.