

ENGLISH  
ENGELSK



FACTS AND ADVICE  
about smoking and stopping



apotek

 Sundhedsstyrelsen

# HAZARDOUS SMOKE

Whenever you take a puff of your cigarette or pipe, the smoke you inhale contains over 200 hazardous substances.

These substances travel from your mouth down into your lungs. From the lungs many of the substances are sent out into your bloodstream and throughout your body.

The smoke can, therefore, cause damage everywhere. Even in your circulation and in important organs such as your heart, brain and lungs.

Smoke also affects important body functions. For example, smoking makes it more difficult to produce children; both for men and for women.

If you are pregnant, smoke can harm your fetus.





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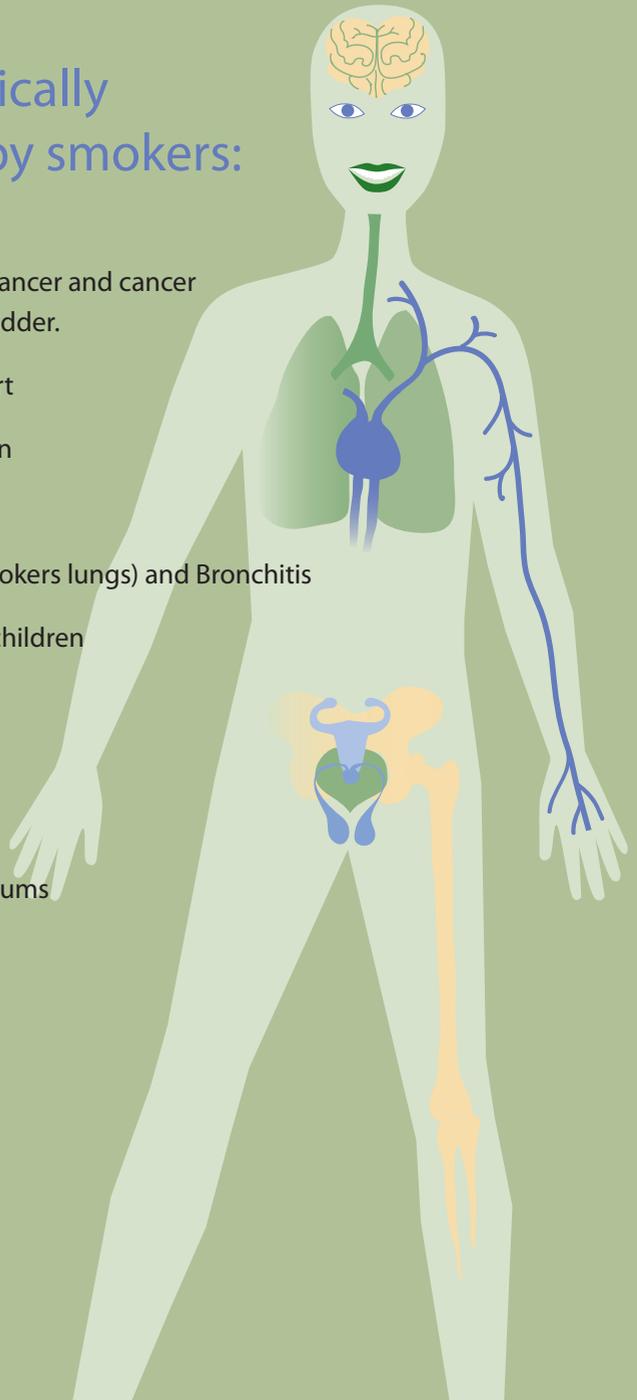
# SMOKING AND ILLNESS

If you smoke, you risk contracting serious illnesses, which you will have to live with for the rest of your life. You also greatly increase your risk of dying early.

- ☞ 12,000 Danes die of smoking each year.
- ☞ One half of those who start smoking in their teens and continue for the rest of their lives, die of smoking.
- ☞ On the average, smokers live 8-10 years less than non-smokers.
- ☞ Smokers are more often ill than non-smokers.
- ☞ Smokers, who stop, enjoy greater health and a longer life.

## Illnesses typically contracted by smokers:

- Lung cancer, throat cancer and cancer of the mouth and bladder.
- Blood clot in the heart
- Blood clot in the brain
- Cerebral stroke
- Pneumonia, KOL (Smokers lungs) and Bronchitis
- Inability to produce children
- Eye diseases
- Brittle bone disease
- Poor circulation
- Diseased teeth and gums



## Hazardous for everyone

If you smoke, the smoke also harms the persons around you.

Not only the smoke that you inhale is hazardous. In fact, the burning tip sends out smoke containing more hazardous substances than those you inhale.

When inhaled, these hazardous substances enter the bodies of those who are together with you. This is called passive smoking.

## Particularly vulnerable

Passive smoking is particularly hazardous for children under 4 years of age.

Due to smoke inhalation, many children suffer from asthma, bronchitis and inflammation of the middle ear.

If a pregnant woman is exposed to passive smoking, the smoke may harm the fetus.

Newborn babies who inhale tobacco smoke are at great risk of crib death.

## Serious illnesses

In both children and adults, passive smoking can cause the same illnesses that smokers suffer.

For example, illnesses such as:

- ☞ Cancer
- ☞ Pneumonia, KOL\* (Smokers lungs) and Bronchitis
- ☞ Blood clots in the heart and brain



# A SMOKE-FREE BODY

Smokers have nicotine in their bodies, and nicotine is addictive.

This means they only feel well if they smoke numerous times a day. They can feel this in that they become restless and feel unwell if they haven't smoked for some hours. It is this addiction that makes it hard to give up smoking.

Perhaps smoking has been an important part of your life for many years and will, therefore, take a great effort to give up. See how to start by reading *Advice on stopping* on the following page.

## Greater health

When you stop smoking you quickly experience improved health.

In just a few days you can move around without getting all out of breath. Your physical fitness is improved.

Your sense of taste and of smell quickly improves. After one year, your risk of getting a blood clot in the heart or brain will be reduced by 50 %.







# PRACTICAL ADVICE:

## About stopping

Here is some advice that can make it easier for you, if you want to quit tobacco.

- ☞ Spend time preparing yourself to give up smoking.
- ☞ Decide on a particular day on which you will stop. It is best to choose a day 2-3 weeks in the future. This will give you ample time to prepare properly.
- ☞ Call the STOP-line, free of charge, at 8031 3131. Here you can get free materials and personal guidance on how to stop. The line is open on Mondays from 12PM – 6PM and Tuesdays through Fridays from 12PM – 4PM.
- ☞ Inquire at your pharmacy. Here you can get personal guidance on how to stop, and whether nicotine patches or nicotine chewing gum might help you for a while.
- ☞ Call your municipality and ask if assistance to help smokers to quit is available.





## Protecting those nearest to you

A smoker can protect those nearest against the hazardous substances in smoke by:

- ☞ Smoking out of doors, so smoke and poisonous substances do not remain in the premises and in the air that people breathe.
- ☞ Don't smoke in the car, if you are together with others.
- ☞ Don't smoke in the vicinity of children.

It is not sufficient protection to air out after smoking indoors.

You can also post stickers or signs indicating a smoke-free zone. You can order signs from The National Board of Health (Sundhedsstyrelsen) at tel. 70262636.

- ☞ One half of all smokers in Denmark want to quit smoking.
- ☞ 100.000 Danes quit smoking every year.
- ☞ Only one out of every four adult Danes smokes.

# A helping hand

Most smokers enjoy smoking. Nevertheless, half of them wish to stop. They know it is dangerous – both for them and for the people around them.

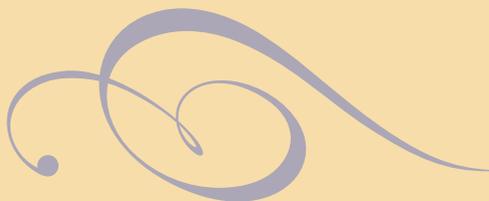
In this folder you can read about how smoking affects health; both yours and that of other people. You can also get some advice about what to do if you wish to give up smoking.

For more information see:

[www.sst.dk](http://www.sst.dk)

[www.cancer.dk](http://www.cancer.dk)

[www.apoteket.dk](http://www.apoteket.dk)



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