



Leicester
City Council



For immediate release

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Stick with New Year resolutions to stop smoking

If you've set a New Year resolution to stop smoking, stick with it and feel the benefits of a healthier heart.

The drive comes as NHS Leicester City in partnership with Leicester City Council launches the next phase of its Leicester's Healthy Heart campaign, focussing on how smoking affects the heart.

Smoking releases more than 4,000 chemicals into the bloodstream increasing the risks of serious health complications including heart attack, diabetes, high blood pressure and stroke.

Smokers have nearly twice the risk of having a heart attack compared with people who have never smoked. It's not just older people who get heart disease caused by smoking. Every cigarette smoked, whatever their age, increases the risk of having a heart attack.

Around one in four people in Leicester smoke, but over 2,500 people successfully quit last year with the help of Leicester's STOP! smoking service.

Louise Ross, tobacco control delivery manager speaking on behalf of the PCT Cluster, said: "Tobacco smoke contains a huge number of chemicals, but one of the most lethal is carbon monoxide. Every time you inhale, this gas is sucked into your bloodstream and body tissues.

"The carbon monoxide damages your heart arteries by furring them up. The gas also makes the blood thick and sticky and more likely to clot. Smokers get less oxygen too, as the carbon monoxide drives the oxygen out. This is one of the reasons you get out of breath: your heart has to work much harder because your oxygen levels are low."

Assistant City Mayor, councillor Manjula Sood, who has responsibility for health, said: "It's never too late to give up smoking. You may have tried to give up many times before and not succeeded or started the year with a resolution to stop and failed. But help is at hand to provide you with the tools and support to kick the habit for good and get healthy.

"We would encourage anyone struggling to quit to contact the Leicester's STOP! smoking service and stop smoking for the last time."

STOP! is the local NHS service for people who want to go smokefree. Quitters can choose the best way of quitting for them – and that includes where and when.

The team have many tips and tricks to ease you through your journey from smoker to smokefree, but most importantly, they know what you're going through, and they'll be there for you even on the hardest days. Call them on 0116 295 4141. If the phone lines are busy, keep on trying!

For more information visit the PCTs websites at www.leicestercity.nhs.uk/smoking or www.leicestershealthyheart.co.uk/local-support/smoking.

ENDS

For interviews or more information please contact media officer Liz Thomas on 0116 295 7677 or liz.thomas@leicestercity.nhs.uk or senior media officer Caroline Higgs on 0116 295 7663 or caroline.higgs@lcr.nhs.uk

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving ongoing transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.