



BCHWF

Harmful effects of Smoking



Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to raise awareness about Mental Well-Being. Thanks to the Government for making this possible.

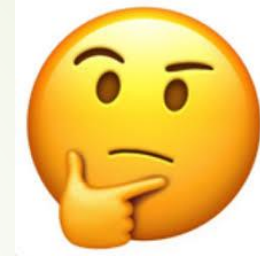
Harmful effects of Smoking

As we all know, smoking is bad for your health, but let's find out exactly how smoking harms the human body. Smoking can cause the following

- **Lung Cancer.** More people die from **lung cancer** than any other type of **cancer**. ...
- **COPD (chronic obstructive pulmonary disease) COPD** is an obstructive **lung** disease that makes it hard to breathe. ...
- **Heart Disease.** ...
- **Stroke.** ...
- **Asthma.** ...
- **Reproductive Effects in Women.** ...
- **Premature, Low Birth-Weight Babies.** ...
- **Diabetes**

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What happens when you stop Smoking



Stopping smoking lets you breathe more easily

People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10% within 9 months.

In your 20s and 30s, the effect of smoking on your lung capacity may not be noticeable until you go for a run, but lung capacity naturally diminishes with age.

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Stopping smoking gives you more **ENERGY**

Within 2 to 12 weeks of stopping smoking, your blood circulation improves. This makes all physical activity, including walking and running, much easier.

You'll also give a boost to your immune system, making it easier to fight off colds and flu. The increase in oxygen in the body can also reduce tiredness and the likelihood of headaches.





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So how do you stop Smoking during the blessed month of Ramadhan. Here are a few tips.

- **Keep** your metabolism high by taking *regular exercise*.
- **Combat** hunger pangs by keeping a stash of healthy treats to hand
- **Eat** smaller portions of food until your metabolism has stabilised
- **Just** because food tastes better, it does **not** mean you need to **eat more** of it.



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For further information, or queries please email

www.blackcountryhwf.org.uk

info@blackcountryhwf.org.uk