

Your Health

BE KIND TO YOUR HEART - STOP SMOKING!

Smoking is the biggest risk factor for heart disease, lung cancer, bronchitis and a host of other problems. If you're a smoker, stopping smoking is the single most important step you can take to protect the health of your heart. You'll feel better, and have more money to spend on other things that you enjoy.

DID YOU KNOW?

Tobacco smoke contains over 4,000 chemicals including tar and nicotine. Every time you smoke, they go straight into your body through your lungs.

What do I do now?

- Talk to your doctor or pharmacist You can find help at your local doctor's surgery or chemist or speak to your OH provider
- Find an NHS Stop Smoking Service. You can get free face-to-face support to quit smoking free from the NHS
- Get support online. The www.nosmokingday.org.uk website provides information and support for quitters. It has an online community which gives you the chance to get support from other people who are quitting.

The British Heart Foundation suggests a number of methods (right). Another popular choice is E-cigarettes. Whichever method you choose, there may be side effects, so best to speak to your doctor first.

Ten reasons to stop smoking

1. Quitting lets you breathe more easily - your lung capacity improves by up to 10% within nine months
2. Quitting gives you more energy - within two to twelve weeks of stopping smoking, your blood circulation improves
3. Quitting can help you feel less stressed - replacing smoking with a healthier, better way of dealing with stress can give you some real benefits
4. Quitting improves fertility - the lining of the womb improves and men's sperm can become more potent
5. Quitting slows facial ageing and can delay the appearance of wrinkles
6. Quitting means less tooth staining and horrid breath, reduced gum disease and prematurely lost teeth
7. Quitting protects your loved ones from second-hand smoke
8. Quitting smoking slows mental decline - it's five times faster in smokers over 65 years of age
9. Quitting helps you live longer - men who quit smoking by the age of 30 add 10 years to their life. People who kick the habit at 60 add three years to their life
10. Quitting saves you money - just think what you can spend your savings on!

| Method | Pros | Cons |
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| Nicotine Replacement therapy (NRT) such as gum, sprays, lozenges or inhalators | Research shows that using NRT can double your chance of quitting. It can satisfy your need for the 'hand to mouth' action of smoking. | NRT can be expensive if it's not on prescription. You have to remember to keep it around. |
| Medication such as bupropion (Zyban) or varenicline (Champix) | Using medication can reduce your cravings and can double your chance of quitting. | Some people get side effects. You have to remember to take it. |
| Willpower | After 24 hours you'll be free of chemicals like nicotine. It's totally cost-free. | You're more likely to quit with the help of NRT or medication. |
| Complementary therapy (acupuncture / hypnotherapy) | Some people say this helps them quit. | We don't know how well they work and they can be expensive |

Prostate Cancer - the facts

Most men with early prostate cancer don't have any signs or symptoms. Changes may include (but are not limited to):

- Difficulty starting to urinate or emptying your bladder
- A weak flow when you urinate or a feeling that your bladder hasn't emptied properly
- Dribbling urine after you finish urinating or needing to urinate more often, especially at night
- A sudden urge to urinate – you may sometimes leak before you get to the toilet

These symptoms can also be caused by other things that aren't prostate cancer but it's still a good idea to get any symptoms checked out by your GP.

Who is at risk?

- Men over 50
- If you have a family history of prostate cancer
- Caribbean/African men over 45
- Overweight men or men who smoke

You may reduce your risk of prostate cancer by making healthy choices, such as exercising and eating a healthy diet.



Ovarian Cancer - the facts

Ovarian cancer occurs when abnormal cells in the ovary start to multiply, creating a tumour. If the tumour is malignant it is cancerous and, left unchecked, may grow and spread to other parts of the body.

What are the symptoms?

Ovarian cancer has four main symptoms:

- Persistent stomach pain
- Persistent bloating
- Difficulty eating/feeling full more quickly
- Needing to urinate more frequently.

These can also be symptoms of other, less serious, conditions but it's still a good idea to get any symptoms checked out by your GP.

Who is at risk?

- If you have a family history of ovarian cancer
- Ovarian cancer has a strong association with age. Currently around 84% of cases are diagnosed in women over fifty
- A long menstrual history
- Hormone Replacement Therapy (HRT).

You may reduce your risk of ovarian cancer by making healthy choices, such as maintaining healthy lifestyle, using oral contraception, giving birth and breast feeding (Ovarian Cancer Action).

