

# Smoking health promotion easier read version

## **What is smoking?**

- The inhaling and exhaling of a cigarette.
- Contains the addictive substance “nicotine”.
- Most preventable cause of death in the UK.



## **What are some effects of smoking?**

- Heart disease
- Diabetes
- Many types of cancer
- Stroke
- Emphysema
- Bronchitis
- Weak immune and integumentary system
- Death
- Anxiety
- Depression



## **Why do people begin smoking?**

- Peer pressure
- Influence from parents or friends
- Misinformation
- Media influence



## **What are the benefits of you quitting smoking?**

- Better self esteem/mental health
- Better physical health
- You protect your loved ones from second-hand smoke.
- You save more money.

## **What support is out there?**

- Help me quit
- NHS app
- NHS services
- Support groups
- Nicotine Replacement Therapy (NRT)

