

# Smoking and your heart

Heart Information Series Number 2



**British Heart  
Foundation**

This is one of the booklets in the *Heart Information Series*. For a complete list of booklets, see page 27.

We welcome your comments on this booklet.  
Please fill in the feedback form on page 41.

We update this booklet regularly. However, you may  
find more recent information on our website  
**[bhf.org.uk](http://bhf.org.uk)**

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## About this booklet

This booklet is for people who smoke and who already have coronary heart disease. ('Coronary heart disease' is the term used to describe the gradual narrowing of the inner linings of the coronary arteries, which can lead to angina or a heart attack.)

The booklet:

- explains the risks of continuing to smoke
- offers some advice on how to stop smoking, and
- describes some of the 'stop smoking aids' that might help you.

It also gives information on the damage that smoking does to your heart and to many other aspects of your health.

This booklet is not a substitute for the advice your doctor or cardiologist (heart specialist) may give you based on his or her knowledge of your condition.

## The risks of continuing to smoke

If you have coronary heart disease (if you have angina or have had a heart attack), you probably already know that smoking is bad for your heart, as well as for your lungs. Perhaps you have tried to quit already. But now you have an extra reason to stop smoking, because it is something positive you can do to improve your health and your quality of life. Stopping smoking is the single most important thing a smoker can do to live longer.

Even if you already have coronary heart disease, it is definitely worth quitting.

- If you have already had a heart attack, continuing to smoke doubles your risk of having another attack within one year.
- If you are waiting to have heart surgery, your recovery will be quicker if you quit smoking as soon as possible before your operation. Stopping smoking will help to reduce your risk of having complications – such as a chest infection – after surgery.
- People who continue to smoke have more angina and may have to go into hospital more often.

There is no quick and easy way to quit. You have to want to stop smoking. This booklet concentrates

on ways you can increase your chances of becoming 'smoke-free'.

### How stopping smoking will help your heart

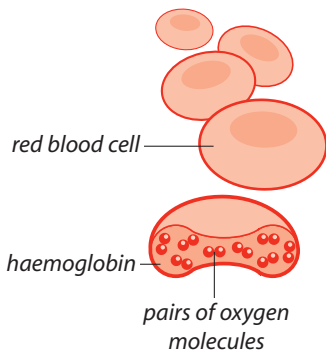
Carbon monoxide and nicotine are the two chemicals in tobacco smoke that probably have the most effect on the heart.

Oxygen is carried around the body by red blood cells. The oxygen joins onto haemoglobin – the red protein within the red blood cells. However, the **carbon monoxide** in cigarette smoke also joins onto the haemoglobin, reducing the amount of oxygen that the blood can carry around the body. In some smokers, up to half of the blood can be carrying carbon monoxide instead of oxygen. This deprives the heart muscle of vital oxygen.

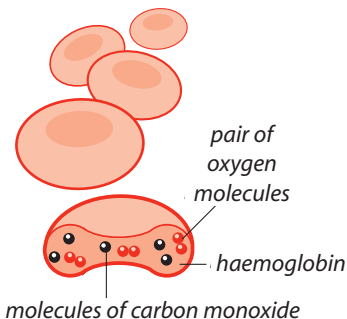
**Nicotine** stimulates the body to produce adrenaline which makes the heart beat faster and raises the blood pressure, causing the heart to work harder. Nicotine also has an effect on the sticky particles in the blood called platelets. This makes the blood more likely to clot.

Other components of cigarette smoke appear to damage the lining of the coronary arteries and this leads to atherosclerosis (the build-up of fatty material within the walls of the arteries).

## **Blood cells of a non-smoker**



## **Blood cells of a smoker**



*Carbon monoxide from cigarette smoke joins onto the haemoglobin inside the red blood cell, reducing its ability to carry oxygen to the heart.*

It is the **tar** in cigarettes that causes cancer. However, if a cigarette is low in tar it does not necessarily mean that it has less nicotine and carbon monoxide. So low-tar cigarettes can be just as harmful to your heart as regular cigarettes. Also, people who smoke low-tar cigarettes tend to compensate by taking more puffs and inhaling more deeply. Research shows that smokers of 'light' or 'mild' brands of cigarettes are likely to inhale as much tar and nicotine as smokers of regular cigarettes. Just three or four extra puffs on a cigarette can change a low-tar cigarette into a regular-strength cigarette.



## How can I quit?

Most smokers want to stop smoking and it's the single most important thing a smoker can do to live longer. Seven in every ten current smokers say they would like to stop smoking. Stopping smoking is not easy. However, around 11 million people in the UK have become successful ex-smokers. Most of those who stop do so by themselves. Being determined is the vital ingredient.

There is no quick and easy way of stopping smoking and nothing can **make** you stop. But, if you really want to, there are ways you can increase your chances of becoming smoke-free. The Steps to help you quit smoking below may help. If you need extra help – such as joining a stop-smoking group, getting one-to-one support, or using nicotine patches or gum, or non-nicotine tablets – see page 13.

### Steps to help you quit smoking

- 1 **Prepare for your attempt to quit.** You need a lot of willpower to help break the addictive hold of nicotine. Take some time to think about what you would gain from stopping smoking, and what you would lose. If you feel you are

likely to gain more than you would lose, now is a good time to quit.

- 2 **Make a date and stick to it.** Draw up a plan of action, thinking about what methods are available to you and having them ready before your quit date.
- 3 **Keep busy** to help take your mind off cigarettes. Throw away all your ashtrays, lighters and tobacco.
- 4 **Drink plenty of fluids.** Keep a glass of water or sugar-free drinks by you and sip it steadily. Try different flavours.
- 5 **Get more active.** Walk instead of using the bus or car. Try the stairs instead of the lift. Exercise helps you relax and can boost your morale.
- 6 **Get the support of family and friends.** Family and friends can be an important support to help you quit smoking. If they are smokers, you might be able to encourage them to stop smoking with you.
- 7 **Think positively.** The withdrawal symptoms you may get when you stop smoking can be unpleasant. But they are a sign that your body is recovering from the effects of tobacco. Irritability, urges to smoke and poor concentration are common. Don't worry. They usually disappear after a few weeks.

- 8 **Change your routine.** Try to avoid the shop where you usually buy cigarettes. Perhaps you should avoid the pub or the break-room at work if there are lots of smokers around you. Try doing something totally different. Surprise yourself!
- 9 **No excuses.** Don't use a crisis, or even good news, to be an excuse for 'just one cigarette'. There is no such thing. You will soon want the next and the next ...
- 10 **Treat yourself.** This is important. If you can, use the money you are saving by not smoking to buy yourself something special – big or small – that you would not usually have.
- 11 **Be careful what you eat.** Try not to snack on fatty foods. If you do need to snack, try fruit, raw vegetables or sugar-free gum.
- 12 **Take one day at a time.** Each day without a cigarette is good news for your heart, your health, your family ... and your pocket.
- 13 **Remember that you can always call the NHS Smoking Helpline** on 0800 169 0 169 or **Quitline®** on 0800 00 22 00 for extra support. (See page 13 for information about other sources of help.)

## Cutting down or stopping outright?

Cutting down is much less likely to work than simply stopping outright. Unfortunately, even if you do manage to cut down, the numbers tend to creep back up again. So once you have planned ahead and chosen your date, it is better to stop outright.

## Diet and physical activity

Both of these have an important effect on your body. Stopping smoking is a major change for your body to adapt to, and a healthy diet and regular physical activity suitable to your level of fitness may help your body cope with withdrawal and boost your sense of self-confidence and well-being.

### How stopping smoking can reduce the risk of heart attack

From the moment you stop smoking, the risk of heart attack starts to reduce and is halved after one year of stopping smoking.

## If you need extra help

If you have tried to quit and have gone back to smoking again, there are other things that can help. These include:

- joining a stop-smoking group, or getting one-to-one support from your local NHS stop-smoking services
- products to help you stop smoking
- alternative therapies such as hypnotherapy or acupuncture.

## Stop-smoking groups and one-to-one support

Joining a stop-smoking support group can help you feel less alone in your attempt to quit. Being with other people who are also stopping can give you that all-important mutual support, a sense of being understood and a sense of competition. Stop-smoking groups are usually run over a period of weeks and take you through the different stages of stopping. Specialist smokers' clinics, using nicotine replacement products or bupropion (Zyban), can double your chances of successfully stopping.

If you don't want to join a group, you may prefer one-to-one support from a trained counsellor or nurse.

For information about stop-smoking groups and one-to-one support in your area:

- ask your GP or practice nurse, or
- phone Quitline® on 0800 00 22 00, or
- call the NHS Smoking Helpline on 0800 169 0 169, or check the NHS website [www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk), or
- look in your Yellow Pages phone directory, under 'Stop smoking services'.

## Products to help you stop smoking

There are many different 'smoking cessation aids' (products to help you stop smoking) on the market. It is important to check whether the product is safe and effective before you spend your time, energy and money on it. This booklet gives a summary of the products available. You can ask your doctor or pharmacist for advice about the best method for you. If you are not sure if it is safe for you to use a product, check first with your doctor or pharmacist.

Some manufacturers claim very high success rates for their products, promising between 80% and 90% success without much effort. But there is no magic solution. To be certain that a product or method works it has to be put through proper tests, called clinical trials. Not all the products available have been tested in this way.

A smoking cessation aid can't:

- stop you smoking
- make you **want** to stop, or
- make it painless and easy.

A smoking cessation aid can:

- ease withdrawal
- boost your confidence and morale, and
- lessen the urge to smoke.

There are two main types of smoking cessation products.

- **Licensed products** which have undergone clinical trials to prove that they are effective.
- **Unlicensed products** which have not undergone clinical trials.

## Licensed products

These include:

- nicotine replacement products, which contain nicotine, and
- bupropion tablets (Zyban), which do not contain nicotine.

### *Nicotine replacement products*

These methods replace some of the nicotine that you used to get from smoking. It is the addictive nature of nicotine that makes it hard for many

people to quit. Nicotine replacement therapy has been well researched and tests have shown that, if used correctly, it can double your chance of success – which is good news if you found withdrawal very hard before.

If you smoke your first cigarette within 30 minutes of waking, you are particularly likely to benefit from nicotine replacement therapy. Nicotine replacement products are much safer than smoking but if you have, or have had, a heart problem, you must check with your doctor or pharmacist before starting to use them. It is also important to use the product properly, so always follow the manufacturer's instructions. Ask your pharmacist or doctor if you are not sure. In particular, you must stop smoking completely while taking nicotine replacement therapy. Nicotine replacement products may also affect the action of some drugs such as warfarin and beta-blockers.

There are six forms of nicotine replacement available at the moment:

- patches
- gum
- lozenges
- microtabs (small tablets, the size of a sweetener, that you place under your tongue)



- nasal sprays, and
- inhalators.

Your GP may be able to give you a prescription for nicotine replacement. You can also get the products listed above from your pharmacist without a prescription.

The patch gives you a continual supply of nicotine at a low dose while you are wearing it – so you can't respond quickly to a craving or a stressful moment. The gum, lozenges, microtabs, nasal spray and inhalator deliver a higher dose quickly so you can respond to a craving with a 'quick fix'. If you smoke steadily through the day, the patch may suit you better. If you smoke mainly in response to cravings or stress, the gum, lozenges, microtabs, nasal spray or inhalator might be a better choice for you. The nasal spray mimics cigarettes more closely by giving a relatively fast effect. The inhalator may be particularly helpful if you miss the 'hand to mouth' action of smoking.

*Possible side effects* – Side effects of nicotine replacement products can include feeling sick, indigestion, headache, dizziness and palpitations.

*Bupropion tablets (Zyban)*

Bupropion was first used to treat depression but

clinical trials in the United States have found that it also helps smokers to quit. It appears to work by acting on the pathways in the brain that are responsible for nicotine addiction. It should reduce your desire to smoke and help relieve some of the unpleasant symptoms you get when you stop smoking.

Although bupropion will make it easier to stop smoking, it is not a magic cure. You may still feel urges to smoke or some withdrawal symptoms, and you will have to be prepared to work hard at staying off cigarettes.

When starting bupropion, most people take one tablet a day in the morning for the first six days, and from the seventh day they take one tablet twice a day for the rest of the course. People who have certain medical conditions, or who are going to have certain medical procedures done, may need to take a smaller dose than this. The course usually lasts for eight weeks. You can continue to smoke for the first week while the tablets start to work.

Bupropion is available on NHS prescription, so ask your GP about it. Bupropion should not be used by certain people including women who are pregnant or breastfeeding, people who have fits, or people with eating disorders such as bulimia or anorexia

nervosa. Your GP will be able to check if it is OK for you to take it.

It is best not to use bupropion and nicotine replacement products at the same time, as this can cause high blood pressure.

If you need to start taking any new medicines, it is very important that you tell your doctor or pharmacist first that you are taking bupropion.

*Possible side effects* – Side effects of bupropion can include a dry mouth, difficulty sleeping and headache. These are usually mild and will pass over time. If you get a skin rash, itching or breathlessness, tell your doctor about it.

### **Unlicensed products**

These are many and varied. They include products such as Nicobrevin capsules, dummy cigarettes, tobacco-flavoured chewing gum and filters. They are easily available through mail order, newsagents, health shops or pharmacists.

These products usually do not need a licence under the Medicines Act. Generally there is not enough firm evidence to say how effective they are. Be wary of claims of very high success rates, as some products may be of little benefit at all.

Herbal cigarettes have a similar effect as smoking ordinary cigarettes as they contain substances such as carbon monoxide and tar which can put you more at risk of coronary heart disease and cancers. There is no proven evidence that they are effective in helping people to stop smoking.

### Products to help you quit

	<b>Nicotine replacement products</b> (products that contain nicotine)	<b>Products that do not contain nicotine</b>
<b>Licensed products</b>	Patches Gum Lozenges Microtabs Nasal spray Inhalator <i>(All available either on NHS prescription, or from your pharmacist.)</i>	Bupropion (Zyban) tablets <i>(Available on NHS prescription.)</i>
<b>Unlicensed products</b>	–	Capsules Dummy cigarettes Tobacco-flavoured chewing gum Filters

For more detailed information on the advantages of products to help you stop smoking, see *The QUIT*

*Guide to Stopping Smoking*, available from QUIT (address on page 29).

### **Alternative therapies**

These undoubtedly help some people. However, the results of research are not clear, so overall their effectiveness has still not been proved.

The two most popular forms of alternative therapy for stopping smoking are hypnotherapy and acupuncture. If you decide to try alternative therapy, it is important to find a registered practitioner. The following organisations may be able to help.

Institute of Complementary Medicine

Phone: 020 7237 5165

Website: [www.icmedicine.co.uk](http://www.icmedicine.co.uk)

British Complementary Medicine Association

PO Box 5122

Bournemouth BH8 OWG

Phone: 0845 345 5977

Website: [www.bcma.co.uk](http://www.bcma.co.uk)

The British Heart Foundation cannot accept responsibility for any referrals or advice that either of these organisations may offer. As a result, you should check the competence, qualifications,

registration, insurance and background of any complementary therapist whose services you consider using.

## **Phone helplines**

Whatever method you choose to quit smoking, it is important to think it through and prepare yourself as best you can for the difficulties ahead.

### **NHS Smoking Helpline – 0800 169 0 169**

This helpline can offer information on stopping smoking. If you are finding it hard to stop, the helpline can refer you on to speak to a counsellor.

### **QUITLINE® – 0800 00 22 00**

This is a helpline for people who want to stop smoking. Calls are free. They also have helplines in different languages. See page 29 for details.

QUITLINE®'s trained counsellors can help:

- if you want help with preparing to stop
- if you have a question about a particular smoking cessation product or about any aspect of stopping, and
- if you want support and encouragement, especially during the difficult times, or
- if you have tried to stop smoking but are now smoking again.

## The unpleasant facts about smoking

### Smoking and your heart

- Coronary heart disease is the single most common cause of death in the UK.
- Smoking is one of the major risk factors for coronary heart disease. (A risk factor is something that increases the chance of getting the disease.) Up to 19 in every 100 deaths from coronary heart disease are associated with smoking. Other risk factors for coronary heart disease are high blood cholesterol, high blood pressure, physical inactivity, overweight and obesity, diabetes and having a family history of coronary heart disease.

### It is not only your heart

Cigarette smoking has dangerous effects on other parts of the body too.

- Four in every five deaths from lung cancer are caused by smoking.
- Ten in every 100 deaths from stroke are associated with smoking.
- Smoking is associated with cancer of the lungs, larynx, mouth, pancreas, bladder, kidneys, cervix, oesophagus, and the stomach or gut.
- Smoking is the main cause of chronic bronchitis and emphysema.

- Smoking can lead to diseases of the arteries in the legs (peripheral arterial disease) which can also lead to the need for an amputation.

### The rising risk

The risk of a heart attack rises with the amount you smoke. In general, people who smoke cigarettes have about twice as great a risk of a heart attack as people who do not. However, this increased risk is particularly large in smokers aged under 50 – their heart attack death rates are up to 10 times greater than non-smokers of the same age. The more you smoke and the younger you started, the greater your risk.

### The risks for women

Overall, coronary heart disease is the single most common cause of death in women, although female hormones give some protection to younger women before the menopause. Like men, women who smoke greatly increase their chances of developing coronary heart disease, cancer and chronic bronchitis. Women who take the contraceptive pill and smoke increase their risk of coronary heart disease and stroke. The risk grows even greater when they get older.



Pregnant women who smoke are more likely to have an underweight baby, or have a stillbirth or lose their baby by early death. The children of mothers who smoked during pregnancy are liable to suffer delay in their physical and mental development up to the age of 11.

## **Passive or second-hand smoking**

Passive or second-hand smoking is where non-smokers inhale other people's smoke. It often causes smarting eyes, a sore throat or headaches.

If you suffer from coronary heart disease, breathing in other people's cigarette smoke may be harmful to you. You should avoid breathing in other people's smoke as much as possible. Passive smoking also increases the risk of lung cancer in non-smokers, as well as causing chest and ear problems in children.

## For more information

### British Heart Foundation website

**bhf.org.uk**

For up-to-date information on the BHF and its services.

### Heart Information Line 08450 70 80 70

A helpline service for the public and health professionals, providing information on a wide range of issues relating to heart conditions.

### Publications and videos

The British Heart Foundation produces a range of publications and videos. You can order these through our website. The address is **bhf.org.uk**

For a complete publications list and order form, please contact:

British Heart Foundation

PO Box 138

Northampton NN3 6WB.

Phone: 01604 640016

E-mail: [ds-bhf@mail.dataforce.co.uk](mailto:ds-bhf@mail.dataforce.co.uk)

Our publications are free of charge, but we would welcome a donation.

## Heart Information Series

This booklet is one of the booklets in the *Heart Information Series*. The other titles in the series are as follows.

- 1 Physical activity and your heart
- 2 Smoking and your heart
- 3 Reducing your blood cholesterol
- 4 Blood pressure
- 5 Eating for your heart
- 6 Angina
- 7 Heart attack and rehabilitation
- 8 Living with heart failure
- 9 Tests for heart conditions
- 10 Coronary angioplasty and coronary bypass surgery
- 11 Valvular heart disease
- 12 Having heart surgery
- 13 Heart transplantation
- 14 Palpitations
- 15 Pacemakers
- 16 Peripheral arterial disease
- 17 Medicines for the heart
- 18 The heart – technical terms explained
- 19 Implantable cardioverter defibrillators (ICDs)
- 20 Caring for someone with a heart problem

## **Heart health magazine**

*Heart health* is a free magazine, produced by the British Heart Foundation especially for people with heart conditions. The magazine, which comes out four times a year, includes updates on treatment, medicines and research and looks at issues related to living with heart conditions, like healthy eating and physical activity. It also features articles on topics such as travel, insurance and benefits.

To subscribe to this **free** magazine, call **01604 640 016**.

## **Heartstart UK**

For information about a free, two-hour course in emergency life-support skills, contact Heartstart UK at the British Heart Foundation. The course teaches you to:

- recognise the warning signs of a heart attack
- help someone who is choking or bleeding
- deal with someone who is unconscious
- know what to do if someone collapses, and
- perform cardiopulmonary resuscitation (CPR) if someone has stopped breathing and his or her heart has stopped beating.

## For more information on smoking

### **NHS**

**Website:** [www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

#### **The NHS Smoking Helpline 0800 169 0 169**

Can offer information on stopping smoking, and support for people who are finding it hard to stop.

#### **The NHS Pregnancy Smoking Helpline 0800 169 6 169**

**Arabic smoking helpline 0800 169 1300**  
(Saturdays 1pm to 9pm)

**Your GP or practice nurse will be able to tell you how to contact stop smoking services in your area.**

### **QUIT®**

#### **QUIT®**

Ground floor  
211 Old Street  
London EC1V 9NR  
Phone: 020 7251 1551  
Website: [www.quit.org.uk](http://www.quit.org.uk)

#### **The QUIT Guide to Stopping Smoking**

A free booklet available from QUITLINE®  
(phone number on the next page).

## **QUITLINE® – FREEPHONE 0800 00 22 00**

A free telephone helpline staffed by trained smoking cessation counsellors. It offers help and advice about stopping smoking.

The following helplines in different languages are available.

Bengali 0800 00 22 44 (Mondays 1pm to 9pm)

Gujerati 0800 00 22 55 (Tuesdays 1pm to 9pm)

Hindi 0800 00 22 66 (Wednesdays 1pm to 9pm)

Punjabi 0800 00 22 77 (Thursdays 1pm to 9pm)

Urdu 0800 00 22 88 (Sundays 1pm to 9pm)

Turkish and Kurdish 0800 00 22 99 (Thursdays and Sundays 1pm to 9pm)

## **Counselling by e-mail**

QUIT also offers counselling by e-mail. You can only access this by going first to their website.

## **ASH**

ASH (Action on Smoking and Health)

102 Clifton Street

London EC2A 4HW

Phone: 020 7739 5902

Website: [www.ash.org.uk](http://www.ash.org.uk)

The ASH website offers information about smoking and advice on how to stop.

## For more information on statistics quoted in this booklet

Statement	Where you can find out more about this
<p><b>Page 5</b> If you have already had a heart attack, continuing to smoke doubles your risk of having another attack within one year.</p>	<p>From 'Joint British recommendations on prevention of coronary heart disease in clinical practice'. By D Wood, P Durrington, N Poulter et al. Published in 1998, in <i>Heart</i>, volume 80, pages S1-S27.</p>
<p><b>Page 9</b> Seven in every ten current smokers say they would like to stop smoking.</p> <p>... around 11 million people in the UK have become successful ex-smokers.</p>	<p>From <i>Smoking-related Behaviour and Attitudes</i> by the Office for National Statistics. Published in 2002, by The Stationery Office, London.</p> <p>From <i>General Household Survey 2001: Mid-2001 Population Estimates: Great Britain</i>. Published in 2002, by the Office for National Statistics, London.</p>

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**Page 12**

From the moment you stop smoking, the risk of heart attack starts to reduce and is halved after one year of stopping smoking.

From *The Health Benefits of Smoking Cessation – A Report of the Surgeon General* (pages 239-240). Published in 1990, by the United States Department of Health and Human Services, Maryland.

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**Page 13**

Specialist smokers' clinics, using nicotine replacement products or bupropion (Zyban), can double your chances of successfully stopping [smoking].

From: 'Smoking cessation guidelines and their cost effectiveness,' by M Raw. Published in 1998, in *Thorax*, volume 53, S5 (part 2), pages S11-S16;  
and:  
'Bupropion to aid smoking cessation'. Published in 2000, in *Drug and Therapeutics Bulletin*, volume 38, number 10.

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... if used correctly, [nicotine replacement therapy] can double your chance of success [in stopping smoking].

From 'Nicotine replacement therapy for smoking cessation'. *The Cochrane Library*, Issue 2, May 2003.

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<p><b>Page 23</b></p> <p>Up to 19 in every 100 deaths from coronary heart disease are associated with smoking.</p>	<p>From <i>Coronary Heart Disease: Estimating the Impact of Changes in Risk Factors</i>, by K McPherson, A Britton and L Causer. Published in 2002, by The Stationery Office, on behalf of the National Heart Forum.</p>
<p><b>Page 23</b></p> <p>Four in every five deaths from lung cancer are caused by smoking.</p> <p>Ten in every 100 deaths from stroke are associated with smoking.</p>	<p>From <i>Nicotine Addiction in Britain: A Report of the Tobacco Advisory Group of the Royal College of Physicians</i>. Published in 2000, by the Royal College of Physicians, London.</p>
<p><b>Page 24</b></p> <p>In general, people who smoke cigarettes have about twice as great a risk of a heart attack as people who do not. However, this increased risk is particularly large in smokers aged under 50 – their heart attack death rates are up to 10 times greater than non-smokers of the same age.</p>	<p>From 'Mortality in relation to smoking', by R Doll and R Peto. Published in 1976, in the <i>British Medical Journal</i>, volume 4, pages 1525-1536.</p>

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**Page 24**

Women who take the contraceptive pill and smoke, increase their risk of coronary heart disease and stroke. The risk grows even greater when they get older.

From *Health or Smoking*, by the Royal College of Physicians. Published in 1983, by Pitman Press, London.

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**Page 25**

Pregnant women who smoke are more likely to have an underweight baby, or have a stillbirth or lose their baby by early death.

The children of mothers who smoked during pregnancy are liable to suffer delay in their physical and mental development up to the age of 11.

From 'Stereologic examination of placentas from mothers who smoke during pregnancy', by LG Larson et al. Published in 2002, in the *American Journal of Obstetrics and Gynaecology*, volume 186, pages 531-537.

From 'Maternal cigarette smoking in pregnancy and development into early adulthood', by KC Fogelman and O Manor. Published in 1988, in the *British Medical Journal*, volume 297, pages 1233-1236.

<p><b>Page 25</b></p> <p>If you suffer from coronary heart disease, breathing in other people's cigarette smoke may be harmful to you.</p>	<p>From 'Environmental tobacco smoke exposure and ischaemic heart disease – an evaluation of the evidence', by MR Law MR et al. Published in 1997, in the <i>British Medical Journal</i>, volume 315, pages 973-980.</p>
<p><b>Page 25</b></p> <p>Passive smoking also increases the risk of lung cancer in non-smokers, as well as causing chest and ear problems in children.</p>	<p>From: 'The accumulated evidence on lung cancer and environmental tobacco smoking', by AK Hackshaw et al. Published in 1997, in the <i>British Medical Journal</i> 1997, volume 315, pages 980-988; and:</p> <p>'Chest and ear problems' in: <i>WHO Tobacco-free Initiative – International Consultation on Environmental Tobacco Smoke and Child Health</i>. Published in 1999, by the World Health Organization (WHO/NCD/TFI 99.10).</p>

## About the British Heart Foundation

The British Heart Foundation (BHF) is the leading national charity fighting heart and circulatory disease – the UK's biggest killer. The BHF funds research, education and life-saving equipment and helps heart patients return to a full and active way of life.

We rely on donations to continue our vital work. If you would like to make a donation, please ring our **credit card hotline on 0870 606 3399**. Or fill in the form opposite.





**Please send me information about the following.**

- BHF publications**
- Giving regular donations**  
*Regular donations through a standing order give us the long-term support we need. Just tick for information on how to set up a standing order.*
- Remembering us in your Will**  
*Many people choose to leave a gift to their favourite charities in their Will. We can send you a useful information pack to tell you how to go about it.*
- Local fundraising activities and sponsored events**
- Payroll giving**  
*How you and your work colleagues can donate from your salaries before tax.*
- Buying BHF Christmas cards and gifts**
- Becoming a volunteer in a British Heart Foundation shop**

**Please send your form to the British Heart Foundation. The address is over the page.**

## Technical terms

<b>atherosclerosis</b>	The build-up of fatty material within the walls of the arteries.
<b>bupropion</b>	A tablet to help you stop smoking.
<b>carbon monoxide</b>	A chemical found in tobacco smoke.
<b>cessation</b>	Stopping.
<b>clinical trial</b>	A type of controlled research study that tests a treatment or investigation to see how well it works on people.
<b>coronary heart disease</b>	When the walls of the coronary arteries become narrowed by a gradual build-up of fatty material called atheroma.
<b>emphysema</b>	Irreversible damage to the lungs.
<b>nicotine</b>	A chemical found in tobacco smoke.
<b>nicotine replacement products</b>	Stop-smoking aids which contain nicotine.
<b>passive smoking</b>	When non-smokers inhale other people's smoke.
<b>second-hand smoking</b>	See 'passive smoking'.
<b>smoking cessation group</b>	A group that helps you to stop smoking.

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## **Acknowledgements**

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### **British Heart Foundation**

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A helpline service for the public and health professionals, providing information on a wide range of issues relating to heart conditions.

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