

# Stopping smoking after a heart attack can halve the risk of recurrence.



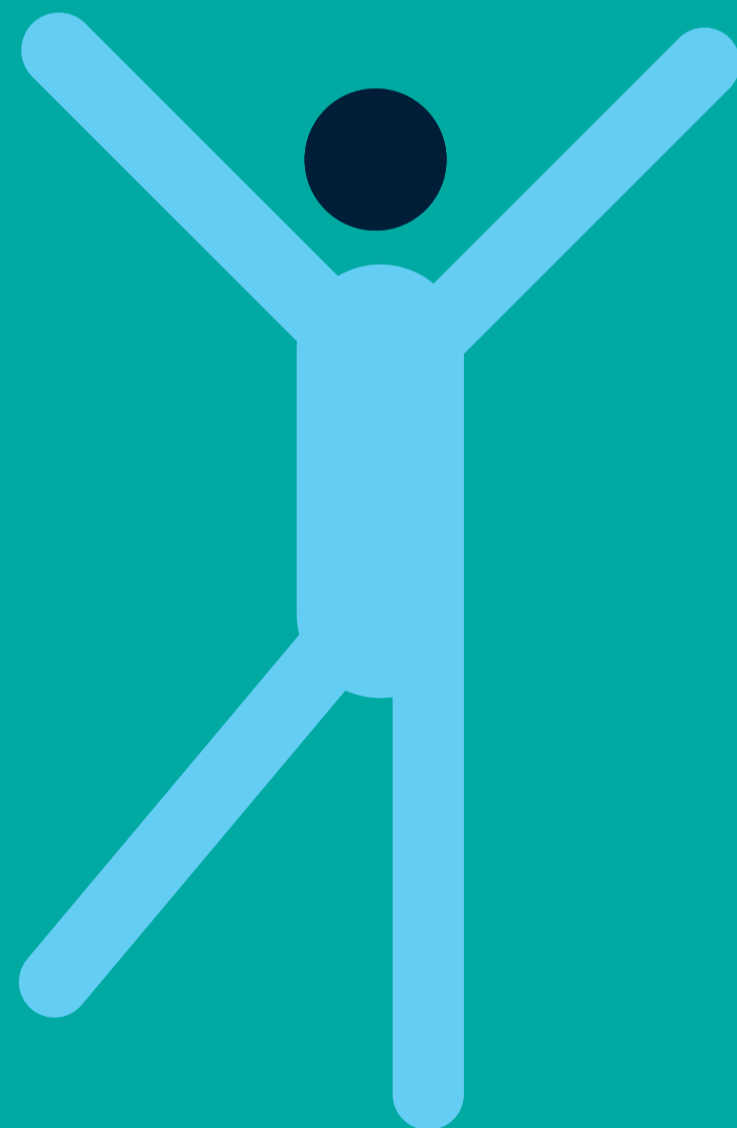
Your **local NHS Stop Smoking Service** is here to help you.

For help to quit, contact us  
on **0800 022 4332**.

# The risk of Coronary Heart Disease is reduced by 50% after 1 year of stopping smoking.

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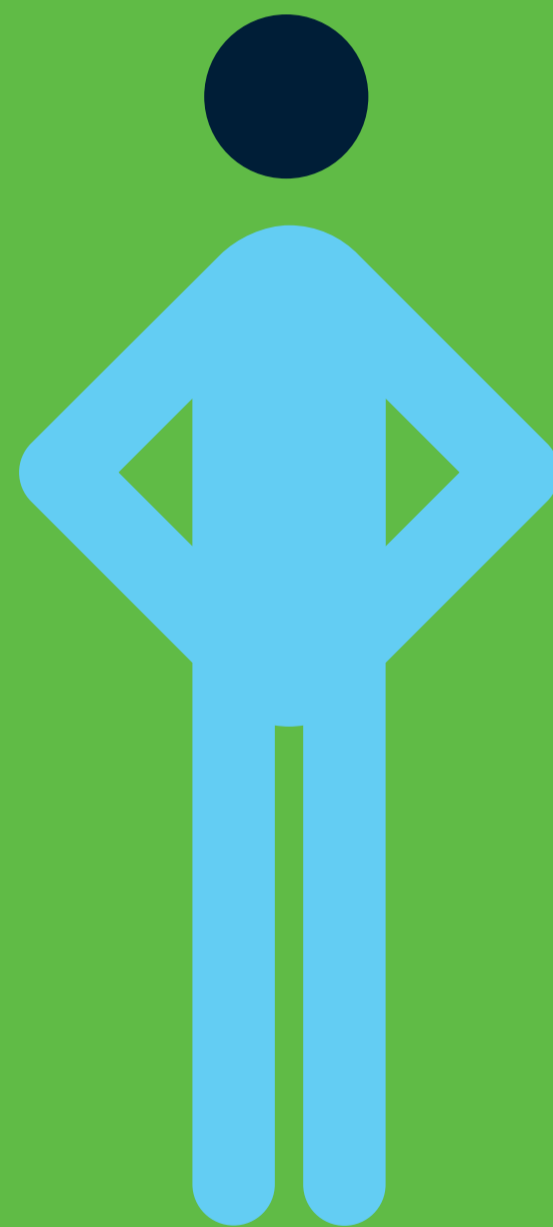
**Stroke risk decreases significantly two years after stopping smoking and is the same as a non-smoker after five years.**



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# Diabetes and smoking doubles the risk of heart attack, stroke and circulatory problems.



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# Stopping smoking reduces the risk of fatal heart and lung diseases.



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Stopping smoking  
reduces phlegm  
production and  
you will cough and  
wheeze less.



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# Stopping smoking can improve the healing of bones and wounds.

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**SMOKEFREE**

Quitting before  
your operation  
can reduce  
complications  
and speed  
up recovery  
time.



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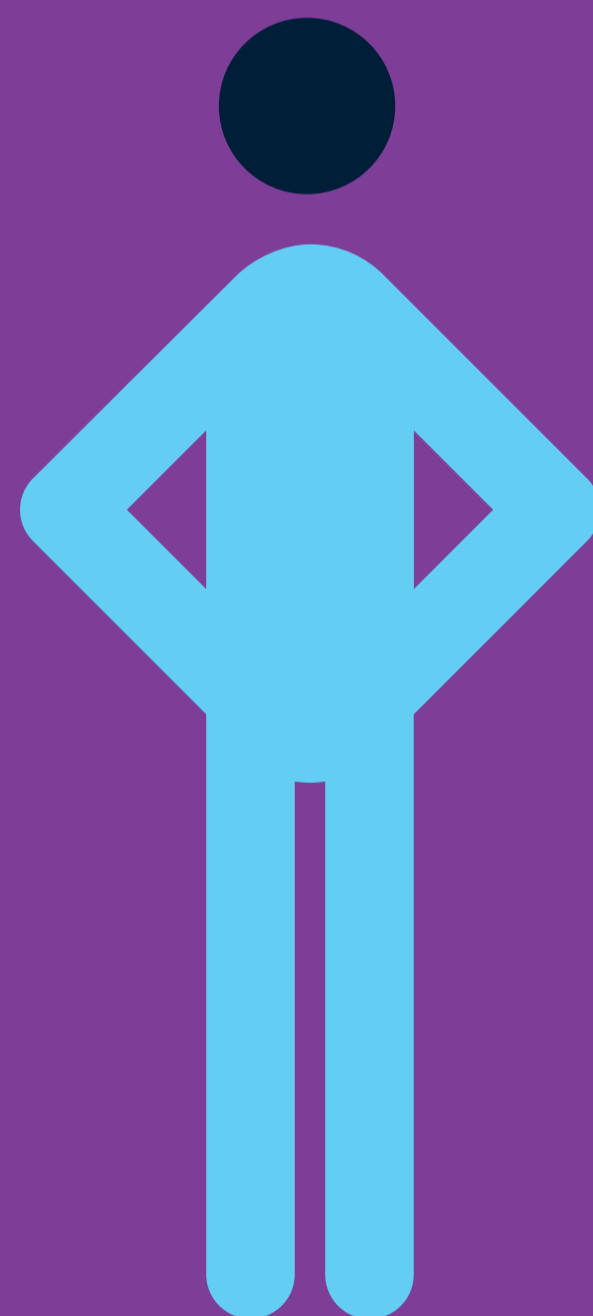
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**SMOKEFREE**



Stopping smoking  
can reduce your  
time spent in  
recovery and  
the need for  
extra oxygen.



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# Stopping smoking can reduce the risk of chest infections after surgery.



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