

# Fastfacts

## Stopping smoking

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### Stopping smoking in Scotland

- 70% of smokers in Scotland would like to stop smoking
- a 1% reduction in the smoking rate would save around 540 lives a year; reduce smoking-attributable hospital admissions by around 2,300; and reduce estimated NHS spending on smoking-related illness by between £13 million and £21 million
- people are more than three times more likely to quit if they use NHS specialist support
- support to quit is free and readily available (8am to 10pm) from Quit Your Way Scotland on 0800 84 84 84 or at [NHS Inform's website](#)
- pharmacies around Scotland also offer free advice on stopping smoking
- different quit methods work for different people – ASH Scotland supports anyone who wants to become tobacco-free

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### Benefits of stopping smoking:

- after 20 minutes: heart rate and blood pressure drop
- after 12 hours: the level of carbon monoxide in the blood returns to normal
- after 2 weeks to 3 months: lung function increases and circulation improves
- after 1 to 9 months: coughs and shortness of breath decrease; lungs begin to recover, improving the ability to handle mucus and reduce the risk of infection
- after 1 year: excess risk of coronary heart disease is half that of a person who continues to smoke
- after 5 years: the risk of mouth, throat, oesophagus, and bladder cancer are halved. Risk of stroke is reduced to that of a non-smoker after 2-5 years
- after 10 years: the risk of dying from lung cancer is about half that of that of a continuing smoker's. The risk of cancer of the larynx and pancreas decreases
- after 15 years: the risk of coronary heart disease is that of a non-smoker's
- stopping smoking also benefits others. Children in a smoking household are more prone to problems from asthma to cot death and are more likely to become smokers themselves. Living with a smoker increases a non-smokers chance of lung cancer by 20-30%
- the financial benefits of stopping smoking soon add up. A typical pack of 20 cigarettes costs £8.50 so a 20-a-day smoker who quits will save just over £3,100 a year!