

Leeds Stop Smoking Services



The Leeds
Teaching Hospitals
NHS Trust



**Support to stop smoking
during pregnancy**

Support to stop smoking during pregnancy... and quit for good

Stopping smoking is the single most important thing you can do to improve your health and give your baby the best start in life.

You are three times more likely to stop smoking with specialist support and medications than with willpower alone. We are here to help you.

Giving up smoking as early as possible in pregnancy:

- Reduces your baby's risk of stillbirth
- Reduces the likelihood of your baby being born prematurely
- Increases the chance of your baby born at a healthy weight
- Reduces your baby's risk of sudden unexplained death in infancy (SUDI). Around 1 in 3 babies' lives could be saved by living in a smoke free household
- Lowers your child's risk of health problems throughout their life, such as asthma and lung infections

The benefits of stopping smoking for yourself include:

- Lower risk of heart disease and cancers
- Improved circulation and breathing
- Cost savings

There's never been a better time to stop smoking.

You can contact your Stop Smoking Service Advisor by emailing leedsth-tr.stopsmokingservice@nhs.net

How we can help

Our Stop Smoking Team can provide you with **FREE Nicotine Replacement Therapy (NRT)** products and support throughout your pregnancy to make stopping easier.

What to expect from the Team



Personally tailored support and advice



Free Nicotine Replacement Therapy



Tools and techniques to beat the cravings

Free support is also available for your partner or household members if they wish to stop smoking too. To access this free local support, please contact **0800 169 4219**.



Download the **FREE 'NHS Quit Smoking' app** on your apple or android device. A 28 day programme of support, encouragement, and tailored clinical advice in the palm of your hand.



Scan this QR code to link to the **NHS Smokefree facebook** page.

What happens to your body when you stop smoking:



After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



After 15 years

Your risk of heart attack and stroke is equal to someone who's never smoked.



Leeds Teaching Hospitals is proud to be Smoke Free

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