

For more information

If you are interested in stopping smoking, please speak to your therapist or member of staff at the ARU.

We can refer you to the smoking cessation team who can support you and provide you with more information whilst you are at the ARU.

Contact us

If you have any questions or concerns, please contact the ARU on **020 3049 6910** (Monday to Friday, 9am to 5pm). Alternatively, call the free Smokefree National Helpline on **0300 123 1044** or visit **www.nhs.uk/smokefree**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Further information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS.

t: 020 7188 8801 at St Thomas'

t: 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Amputee Rehabilitation Unit

Smoking cessation information

Amputee Rehabilitation Unit (ARU)
Lambeth Community Care Centre
Monkton Street
Kennington
SE11 4TX

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Smoking-related health problems

During your stay at the Amputee Rehabilitation Unit (ARU), you will be encouraged to stop smoking if you are a smoker. Below are just some of the health issues caused by smoking that you may wish to consider:

- Smoking causes around 100,000 deaths in the UK every year.
- Smoking is responsible for around 80% of deaths from lung cancer, 80% of deaths from bronchitis and emphysema, and 17% of deaths from heart disease.
- More than a quarter of all cancer deaths can be attributed to smoking, including cancer of the lung, mouth, lip, throat, bladder, kidney, pancreas, stomach, liver and cervix.
- On average, cigarette smokers die ten years younger than non-smokers.
- Smokers are more likely to develop facial wrinkles at a younger age and have dental hygiene problems.
- Smoking can greatly reduce your exercise tolerance and can have a negative impact on your rehabilitation at the ARU.

What are the implications of smoking for amputee patients?

“About 80% of the patients whose legs or extremities I have to amputate are current smokers. If they are not current smokers, then they almost certainly used to smoke.”

Mr D Baker, Consultant vascular surgeon, Royal Free Hospital

Did you know...

Carbon monoxide in cigarettes replaces the oxygen in your blood. If you stop smoking, you will have more oxygen available for:

- stump healing
- exercise.

Tobacco increases cholesterol levels in the blood, which narrows your blood vessels. If you stop smoking, you will have more blood and oxygen reaching important areas of your body such as:

- your heart
- your limbs
- your stump / wound.

Giving up smoking whilst at the ARU could have a positive effect on your rehabilitation and lead to a healthier and better quality of life now and in the future.

Benefits of stopping smoking: The quit timeline

After 24hrs	<ul style="list-style-type: none">• No carbon monoxide in the body.• Lungs will start to clear unwanted mucus.
After 48hrs	<ul style="list-style-type: none">• Food will start to taste better.• Your sense of smell will improve.
After 72hrs	<ul style="list-style-type: none">• Breathing becomes easier.• Energy levels increase.
After 2 – 12 weeks	<ul style="list-style-type: none">• Circulation improves.
After 3 – 9 months	<ul style="list-style-type: none">• Breathing problems improve.• Lung function has improved by up to 10%.
After 5 years	<ul style="list-style-type: none">• Risk of heart attack falls to about half that of a smoker.
After 10 years	<ul style="list-style-type: none">• Risk of lung cancer falls to half that of a smoker.