

Benefits to your health begin the minute you stop smoking



Remember! Giving up tobacco is the single biggest thing you can do to improve your health!

- Kirklees Stop Smoking Service offers free, convenient, local support that really works for people like you and you can access NRT, Zyban or Champix to help with withdrawal
- Getting help will increase your success in quitting whatever form of tobacco you use
- The service offers one to one appointments and drop-ins to suit your needs. Contact the number below to find your nearest session

If you would like to find out more about giving up smoking or giving up tobacco use, please contact:

Kirklees Stop Smoking Service

Dewsbury, Batley,

Spenneth area 01924 351498

Huddersfield area 01484 344285

NHS stop smoking helplines:

Urdu 0800 169 0881
 Punjabi 0800 169 0882
 Hindi 0800 169 0883
 Gujarati 0800 169 0884
 Bengali 0800 169 0885

This information can be made available in other formats including large print and other languages.

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Kirklees Community Healthcare Services

Tobacco

Call it what you want, but don't call it harmless!



Tobacco

Smokeless tobacco can be chewed, inhaled, or sucked and is available in three main forms:

1 Chewing tobacco: Comes in loose leaf, plugs or twists and as the name suggests, it is chewed e.g. Gutkha

2 Snuff: Available dry or moist, in loose leaf or in pouches that look like small tea bags. It is used by placing the snuff between the cheek and the gum or inhaled into the nostrils

3 Betel Quid: It consists of dried paste that often includes tobacco, areca nuts, catechu and scent or flavourings. It is used between the gum and the cheek and gently sucked and chewed



Sun dried tobacco



Gutkha



Mouth snuff (Naswaar)



Mouth snuff (Naswaar)

Health effects of smokeless tobacco:

Did you know?

- Whether it is smoked, chewed or sniffed, tobacco contains nicotine, 4000 chemicals, and 69 known carcinogens.
- Nicotine is highly addictive.
- Withdrawal from chewing tobacco causes signs and symptoms such as intense cravings, increased appetite, irritability, and low mood.
- Chewing tobacco contains high amounts of sugar, which contributes to cavities and long term gum disease.
- Smokeless tobacco increases your heart rate and blood pressure.
- Your risk of oral cancer is increased including cancers of the mouth, throat, cheek, gums, lips, and tongue.



Hookah/Shisha pipe smoking

A hookah is a traditional device for smoking and operates by water filtration and indirect heat.

Did you know?

- Hookah smoking is not safer than cigarette smoking as users inhale a larger volume of smoke, exposing them to higher levels of carbon monoxide, nicotine, and other cancerous chemicals.
- Smoking the hookah pipe exposes others in the home to these chemicals including vulnerable children. This can lead to health problems such as: asthma and chest infections, behaviour and learning difficulties, cot death and meningitis, coughing and wheezing and middle ear infections.
- A cigarette lasts five minutes, whereas a full-on hookah experience can last 45 minutes, therefore exposing yourself to chemicals longer.
- The water moisture induced in the hookah makes the smoke less irritating leading users into a false sense of security (Journal of the American Academy of Paediatrics, 2005).

