

newsletter

LiveLife
Pharmacy



Today we discuss... Smoking and Your Health

Smoking is a major cause of cardiovascular disease (heart, stroke blood vessel disease). Smoking kills more than 15,000 Australians a year (more than 40 Australians each day) and nearly 40% of all deaths from smoking are due to cardiovascular disease.

- **Nicotine** - an addictive drug that affects brain and muscle activity and increases your blood pressure, making your heart work harder
- **Carbon Monoxide** - a poisonous gas that replaces oxygen in your blood, making your heart beat faster.
- **Tar** - a sticky substance that coats your lungs like soot in a chimney, making it harder for you to breathe, and that contains dozens of chemicals that cause cancer.

If you smoke, your risk of:

- Heart attack is increased by two to six times.
- Coronary heart disease is increased if you are a woman using the contraceptive pill.
- Stroke is increased by three times.
- Peripheral arterial disease, which can lead to gangrene, is increased by more than five times.

Second-hand smoke is a health hazard

Exposure to second-hand smoke (passive smoking) is a serious health hazard for smokers and non smokers. People who inhale smoke from others are at increased risk of disease.

- Non-smokers living with smokers have about a 30% increase in risk of heart disease.
- Exposure to second-hand smoke is especially risky for children and babies and increases the risk of bronchitis, and asthma.

Talk to our pharmacists about our Prescription Management Service



*Keep your prescriptions safely on file with us to have them dispensed at your convenience via a **phone call or SMS** so they are always ready on time for you!

*We can also remind you via SMS when your next repeat is due, to save you time and ensure you always have your medicines when you need them.

Quit smoking and improve your health

Within two to three months of quitting smoking:

- Your ability to smell and taste improves.
- Your lungs regain the ability to clean themselves, so you can cough up mucus.
- The blood flow to your hands and feet improves, so they won't get so cold.

Within two to six years of quitting smoking:

- Your risk of developing coronary heart disease returns to a similar level as that of a non-smoker.

Quitting smoking can be hard at first, but you can do it with planning, practice, and help. Speak to your local LiveLife pharmacist about quitting today.

Every cigarette that you don't smoke is doing you good.

For more information, visit:
www.betterhealth.vic.gov.au



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