

Health and Wellbeing Newsletter

11th March 2019

Do you know the benefits of stopping smoking?



The 13th March is national No Smoking Day. If you smoke or know someone who does, here are some interesting facts on how stopping smoking can be beneficial to you and others.

Improve your sense of smell and taste



When you stop smoking, your senses of smell and taste improve. You may notice that food tastes and smells different as your mouth and nose recover from being dulled by the hundreds of toxic chemicals found in cigarettes.

Have younger-looking skin



Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles. The skin of a non-smoker gets more nutrients, including oxygen, and stopping smoking can reverse the sallow, lined complexion smokers often have.

Ex-smokers have whiter teeth and sweeter breath



Giving up tobacco stops your teeth becoming stained, and you'll have fresher breath. Ex-smokers are also less likely than smokers to get gum disease and prematurely lose their teeth.

Quit to live longer



Half of all long-term smokers die early from smoking-related diseases, including heart disease and lung cancer. It's never too late to benefit from stopping. Men who quit smoking by the age of 30 add 10 years to their life! People who kick the habit at 60 add 3 years to their life!

Protect your loved ones



Breathing in second-hand smoke increases the risk of lung cancer, heart disease & stroke. In children, it doubles the risk of getting chest illnesses, including pneumonia, ear infections & asthma.

Children have 3 times the risk of getting lung cancer in later life when exposed to second hand smoke.

Events, courses and campaigns

Stop smoking clinics.



Want to stop smoking?

Book a free appointment at the stop smoking clinic at Oh, run by Everyone Health and CamQuit. To book an appointment time at our building you can email eh.camquit@nhs.net or call 0800 018 4304 quoting the 'Addenbrookes clinic'. Or you can visit us at our stall in the concourse on 14th March between 11am and 3pm.

Help CUH stay smoke free.



Help us keep the air fresh and safe for all by joining our Health Patrol Officers in asking anyone smoking onsite to stop or leave the grounds.

Tool Guide for improving and maintaining Mental Wellbeing.



Mindful exercises are a great tool to help maintain mental wellbeing. The free guide put together by Oh is full of techniques and tools to help individuals manage and improve their mental wellbeing. Just click the guide to download the booklet. Or visit <https://www.ohwellbeing.com/improving-workforce-health/emotional-and-mental-health/developing-your-understanding/>

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