

Yorkshire Cancer
Research



Yorkshire
Stop Smoking
Study

Your scan results



NHS

The Leeds
Teaching Hospitals
NHS Trust



CARDIFF
UNIVERSITY
PRIFYSGOL
CERDDYB

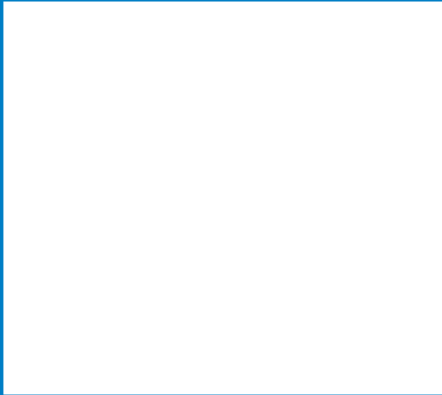


UNIVERSITY OF LEEDS

University of
Nottingham
UK | CHINA | MALAYSIA



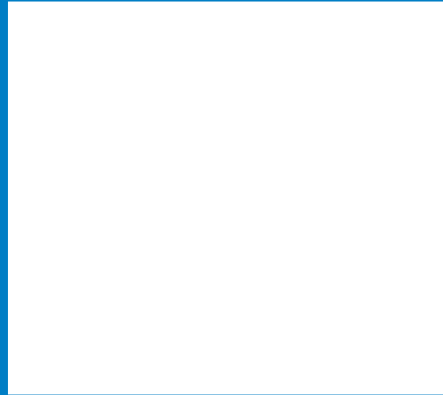
Your heart



This is a picture of **your heart** taken from your CT scan.

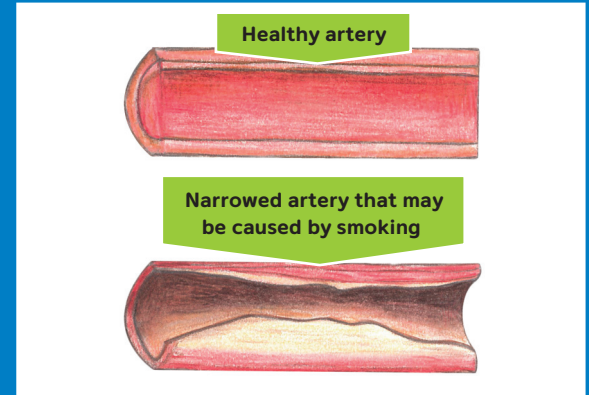
The white areas show parts of the arteries going to your heart that have become hard or narrow.

Smoking is associated with the hardening and narrowing of the heart arteries. This can lead to problems including heart attacks.



This drawing shows what your heart looks like inside.

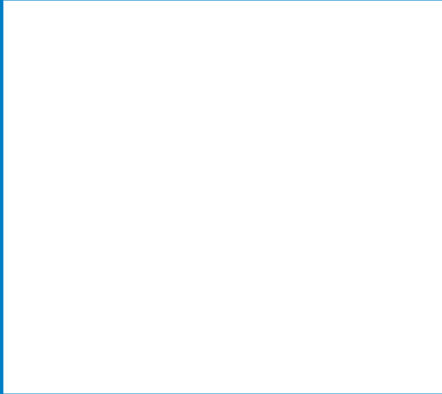
The yellow parts show roughly where the arteries going to your heart have become hard or narrow.



These are drawings of what healthy and narrowed arteries look like.

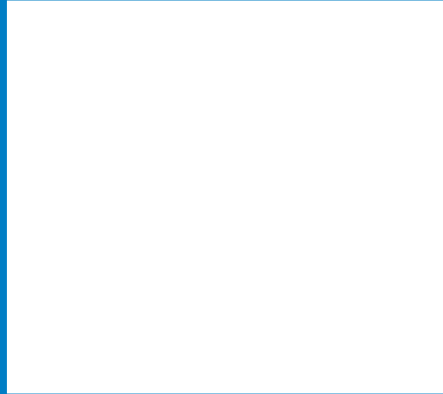
By stopping smoking, you can reduce the chance of the arteries to your heart becoming hardened or narrowed and lower your risks of problems like heart attacks.

Your lungs



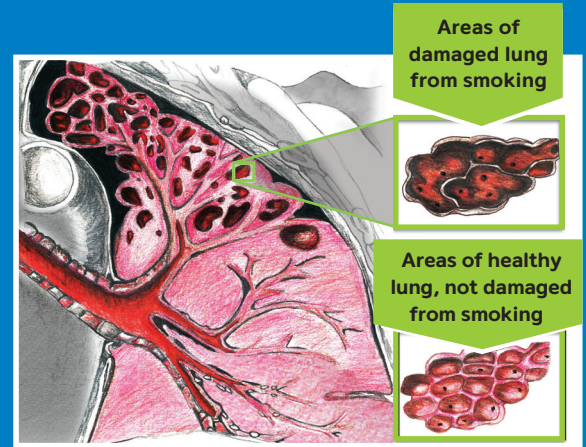
This is a picture of **your lung** taken from your CT scan.

The parts circled in red are areas of your lung that have been damaged by smoking. This is called '**emphysema**'.



This is another picture of **your lung** taken from your CT scan.

This is a healthy part of your lung that has not been damaged by smoking. You can keep these parts of your lung healthy if you stop smoking today.



This is a drawing of what your lungs look like inside.

The darker parts are the areas damaged from smoking (like the first picture).

The lighter parts are healthy areas not damaged by smoking (like the middle picture).

Stopping smoking will stop the healthy parts of your lungs from getting damaged.

How stopping smoking will help your health

After 20 minutes

- Your heart rate goes back to normal.

After 8 hours

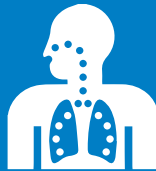
- Nicotine and carbon monoxide (a poisonous gas produced when smoking) in your blood goes down by half.
- Your oxygen levels go back to normal.

After 2 days

- You will not have any carbon monoxide left in your body.
- Your lungs will be clearer.
- You will be able to taste and smell better.

After 3 days

- You will find it easier to breathe.
- You will have more energy and walking will be easier.



After 2 to 12 weeks

- Your blood will flow better around your body.
- This means more oxygen can get to important parts of your body.

After 3 to 9 months

- Your coughing and breathing will get better.
- Your lungs will start to work better - they can improve by up to 10%.

After 1 year

- Your risk of getting heart disease will go down to about half that of a person who is still smoking.

After 10 years

- Your risk of getting lung cancer will go down to about half that of a person who is still smoking.

After 15 years

- Your risk of having a heart attack will go down to the same as someone who has never smoked.

For more information get in touch with:

Yorkshire Stop Smoking Study Project Manager

Rebecca Thorley 0115 823 1361

One You Leeds

0800 169 4219

Leeds Lung Health Check Clinical Team

0113 392 6688

For any queries related to your smoking call: