

**“I tried many times  
but finally, with the  
help of Yorkshire  
Smokefree Sheffield,  
I had the willpower  
to quit.”**

**You’re three times more  
likely to quit successfully  
with our help.**

There are lots of ways we can help  
you manage your quit attempt, from  
nicotine gum and patches to inhalators  
and e-cigarettes.

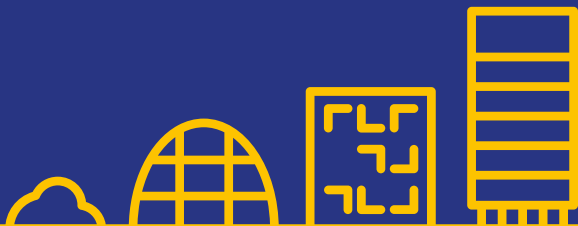
Visit

**[smokefreesheffield.org](http://smokefreesheffield.org)**

or call Yorkshire Smokefree Sheffield  
on 0800 612 0011 **free from a landline**  
or 0330 660 1166 **free from most mobiles.**

**“Quitting  
smoking  
gave me  
my life back”**

Geoff, 61, ex smoker  
living with COPD.



**With the help of Smokefree Sheffield, Geoff quit smoking and is now finding everyday life with his COPD diagnosis more manageable.**

Stopping smoking is one of the best things you can do if you have COPD. It will help you to cope better with your symptoms and stop your condition from getting worse.

After 50 years of smoking no one, especially Geoff, thought he would be able to quit. But with the right support, he did, and you can too.

**“I can do little everyday tasks that I couldn’t when smoking. Like walking the dog or doing a bit of shopping. Even though I’ll never be cured, it keeps getting better.”**



**Since quitting, Geoff is healthier and happier and you’ll start feeling the benefits from the moment you quit too.**

**24 hours**

Your blood pressure and heart rate improves significantly.



**3 days**

Your lungs will start to clear and your energy levels will rise.



**3 months**

Your lung capacity will have increased.



**1 year**

You could save over £3,000 by not buying cigarettes and your risk of a heart attack will drop.



**10 years**

Your risk of dying from lung cancer is about half that of a person who is still smoking.



**The longer you stay smokefree the better it gets.**