

How much is smoking costing you?

The physical effects of smoking

See below for information about the effect smoking can have on the body.

	Negative Effect	Positive effect
Skin	Reduces oxygen to the skin ageing it more quickly.	Stopping smoking has been found to reduce the appearance of wrinkles. The skin of a non-smoker gets more nutrients, including oxygen, which reverses the sallow, lined complexion that smokers often have.
Mouth	Increases risk of mouth cancer and gum disease.	Kicking the smoking habit gives the sense of smell and taste a real boost, as the body recovers from being dulled by the hundreds of toxic chemicals in cigarettes.
Throat	Increases the risk of throat cancer.	Reduces the chance of developing a cough caused by the hundreds of toxic chemicals in cigarettes.
Heart	Clogs the arteries, causes heart attacks and strokes.	Within a year of stopping, the risk of a heart attack falls to about half that of a continuing smoker. After ten years, the risk falls to the same level as someone who never smoked.
Lungs	Causes lung cancer and chronic obstructive pulmonary disease.	Stop smoking and lung capacity could improve by up to 10% within nine months. Lung capacity naturally diminishes with age so not smoking can make all the difference when it comes to having an active and healthy old age.
Fertility	Increases chances of miscarriage, cervical cancer, and complications during pregnancy and delivery.	Quitting smoking improves the lining of the womb increasing the possibility of conceiving and reducing the likelihood of having a miscarriage. Most important, it improves the chances of giving birth to a healthy baby.
Sex	May reduce blood flow and cause impotence, and can damage sperm.	Men who quit may get better erections and women may find orgasms improved and become aroused more easily. The body's blood flow improves and this heightens sensitivity.
Fitness	Carbon monoxide in cigarette smoke can lead to breathlessness.	Within two to 12 weeks of stopping smoking, the circulation improves making all physical activities much easier. The boost to the immune system makes it easier to fight off colds and flu.

The financial cost of smoking

See below for a breakdown of the financial cost of smoking.

Based on smoking 5 per day	Cost	
After one month	£40	If you stopped smoking, after a month, you could put the money towards a table at your favourite restaurant and enjoy a well-earned treat. Your skin would begin to look clearer, brighter and younger as well.
After six months	£237	After six months, the savings would be really mounting up. The money you'd have saved would go a long way towards a weekend break or a special day out. Your clothes and home would smell fresher too.
After one year	£475	If you've saved all you would have spent on smoking, you could have a nest egg of anything up to the equivalent of the average weekly wage. Think what you could do with all that extra in your pocket. In addition, you would get fewer coughs and colds.
After five years	£2,373	After five years, your savings would have really mounted up. You would have enough to go towards a brilliant holiday for the family or for a down payment on a new car. Your risk of suffering a heart attack would now have fallen too.
After 10 years	£4,745	After 10 years, you would have saved hundreds, or even thousands, of pounds and wouldn't be far from buying yourself a new car. Your risk of lung cancer would now have fallen to about half that of a smoker as well.

Based on smoking 10 per day	Cost	
After one month	£79	If you stopped smoking, after a month you could afford to buy a new outfit or put it towards a special weekend away as a treat. Your skin would begin to look clearer, brighter and younger too.
After six months	£475	After six months, the money you'd have saved could cover a holiday or a new laptop computer. Your clothes and home would be smelling fresher as well.
After one year	£949	After a year, if you've saved all the money you would've spent on cigarettes you'd have a nest egg equivalent to twice the UK's average weekly wage. Think what you could do with all that extra money. You would also suffer fewer coughs and colds.
After five years	£4,745	After five years, your savings would have really mounted. That's almost a quarter of the national average annual salary and you wouldn't be a long way from buying a new car. Remember too, your risk of a heart attack would now be half that of a smoker.
After 10 years	£9,490	After 10 years you would have saved the equivalent of one year's average mortgage repayments. Imagine paying off your mortgage one year early. Your risk of lung cancer would have fallen to about half that of a smoker too.
Based on smoking 20 per day	Cost	
After one month	£158	If you stopped smoking, after a month you could afford to take a special weekend break or buy an iPod. Your skin would begin to look clearer, brighter and younger as well.
After six months	£949	After six months, the savings would start mounting up. The money you would have saved could be turned into a round-the-world ticket or a luxury cruise. By now your clothes and home would be smelling fresher too.
After one year	£1,898	After a year, if you've saved all you would have spent on smoking, you'd have a nest egg equivalent worth more than one month's average pay in the UK. Think what you could do with all that extra money. You would also suffer fewer coughs and colds.
After five years	£9,490	After five years, your savings would have really totted up – we are talking about more than one year's average UK mortgage repayments. Imagine paying off your mortgage one year early. Your risk of a heart attack would also have fallen significantly.
After ten years	£18,980	After ten years, you would have saved more than the equivalent of two years' mortgage repayments. Imagine paying off your mortgage two years early. Your risk of lung cancer would have fallen to about half that of a smoker too.

All calculations based on cigarettes costing £5.20 for pack of 20.

The toxins in cigarette smoke

There are 4,000 poisonous chemicals in tobacco smoke entering your lungs every time you take a drag on a cigarette.

Below is a list of some of the most common chemicals:

- Tar
- Carbon Monoxide
- Acetone
- Ammonia
- Arsenic
- Formaldehyde
- Cadmium
- Shellac
- Benzene
- Cyanide

Want to quit

For more information on stopping smoking, go to <http://www.nhs.uk/livewell/smoking/Pages/Smokinghome.aspx>