

Press Release with photo

For immediate Use

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Heart Patient Quits in time for World Heart Day

Sheffield man, Martin France kicked his 40 year smoking habit earlier this year when he was told he needed a heart bypass.

World Heart Day, on the 28th September, marked one month since the heart surgery Martin needed to save his life.

Martin, 62, has been smoke-free for 9 months after being told by the doctors: "If you'd got any sense you would quit."

Smoking is one of the main factors that can lead to heart problems and smokers are almost twice as likely to have a heart attack as a non smoker.

Martin, who lives in Hillsborough said: "People don't realise how much damage they are doing to their hearts by smoking. I had to quit for the sake of my health."

"It was hard as I'd smoked since I was 20, but it was a case of I *had* to. I relied on willpower and gradually cut down but I think if I had had extra support then I may have found it easier and quit sooner."

Sheffield's NHS Stop Smoking service has helped thousands of people in Sheffield give up and can offer the extra support to people like Martin who are finding it difficult. It has proved four times more effective in helping people to quit than by relying on willpower alone.

Chantil Calvert, NHS Sheffield Stop Smoking Lead Nurse, said: "We hope World Heart Day raises awareness to Sheffield people of the damage and stress smoking can cause to the heart.

"5 years after quitting, your chance of a heart attack falls to about half that of a smoker, so quitting is so important.

"You won't have to go it alone. Here at the Stop Smoking Service we provide effective support options in a variety of formats, and the advice and medication are tailored to individual circumstances."

Smoking causes one in five premature deaths before the age of 75 and diseases of the heart and circulation are the most common cause of death and illness in the UK.

If you would like advice and information on stopping smoking or if you would like to find support in your area, contact the NHS Stop Smoking Service on 0800 068 4490 or visit the website at www.sheffieldstopsmoking.org.uk

Ends

Note to editors:

1. The Sheffield NHS Stop Smoking Service offers a range of locally based services which include one-to-one support available at over 100 pharmacies, GP and dental practices and other community locations and a telephone support programme.

2. The Service works with employers and workplace groups and offers one-to-one support at home for the housebound.

3. The Service has a free helpline on 0800 068 4490 and a website at www.sheffieldstopsmoking.org.uk

For more information please contact Laura Kirby NHS Sheffield Communications Assistant at laura.kirby@sheffieldpct.nhs.uk or call: 0114 3051088

Photo of Martin stubbing out a cigarette:

