

WE UNDERSTAND WHAT HAS TAKEN YOU TO SMOKE!

“The body, if it is treated well, it can last a lifetime”, Noel Clarazo.

“The health is the unit that gives value to all the zeros of the life.” Bernard of Fontenelle”.

What has taken you to smoke?

We understand the situation that you live and the tensions that take us to take refuge in smoking, for that reason a team of professionals of different cultures can help you to try to give it up.

Why so many smokers want to give up the tobacco?

- To take care of the health and to reduce from the colds, the hoarseness throats, the throat nuisances, until lung cancer, circulatory illnesses, chronic bronchitis and emphysema.
- For economic reasons. The more you smoke the more money you spend.
- Physical and aesthetic aspect. To stop to smoke improves the breath, the fingers stop to be yellow; the face recovers a healthy colour, etc....
- To stop to smoke is not to lose a pleasure but to win other pleasures, as the taste, the olfaction and to improve the physical health in general.
- When stopping to be smoked you break up with the physiologic dependence to the nicotine.

Why do you keep the behaviour of smoker?

You do not smoke by chance but for:

- Psychological reason. Psychological dependence due to behaviours that are associated as positive with smoking, ex. supposedly to diminish the stress when smoking.
- Social reason. Determined groups reinforce socially by smoking.
- Physiological Reason. The dependence to the Nicotine.

Benefits when stopping to smoke

- 20 minutes after the last cigarette you arterial pressure and heart rhythm are normalized.
- 8 hours after the last cigarette the levels of monoxide of carbon and nicotine decrease in half in your blood.
- 8 hours after the last cigarette the capacity to smell and to savour is recovered.
- 3 days after the last cigarette you breathe with more easiness and the lung capacity is increased.
- 15 days after the last cigarette the physical dependence to the nicotine disappeared.
- 1 to 2 months after the last cigarette the arterial pressure recovers its normal values and the flow of blood to the hands and the feet is improved.
- 3 to 6 months after the last cigarette the capacity of resistance to the infections is increased and it no smoking will be normal.

**If you decide to stop to smoke, we look for us.
It will cost you nothing.
Where are we?**

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Source: Consejería de Salud de la Junta de Andalucía

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