



Stop Smoking London November Men's Health Focus

Free, non-judgemental support to help men in London stop smoking

November is Men's Health Awareness Month. It's Movember, which means moustaches and fundraising for prostate and testicular cancer, mental health and suicide prevention. It's also International Men's Day on 19 November.

So why focus on smoking?

Men's health issues linked to smoking include:

- Erectile dysfunction and sexual health due to reduced blood flow
- Cancer risks including prostate and testicular cancers, as well as bladder cancer which affects men at higher rates than women
- Rates of heart disease and heart attacks are higher in men. Smoking reduces lung capacity and increases arterial plaque build-up affecting cardiovascular health and fitness.
- The use of smoking as a coping mechanism for stress even though nicotine withdrawal between cigarettes increases baseline anxiety and resting heart rate. This creates a cycle of smoking to relive stress.
- Reduced healthy years and early death.

Stopping smoking is an opportunity to improve long-term men's health outcomes and reduce the number of preventable deaths in London.

<https://stopsmokinglondon.com/stop-smoking-support/>



Encouraging men to make a smoking quit attempt in November:

We have pulled together some videos and posts for the month, built around:

- Physical and sexual health (stamina, heart and lungs, circulation, erectile dysfunction)
- Financial gains (using money saved on fitness, leisure, family or personal goals)
- Mental health (myth-busting about smoking and stress, finding healthier ways to cope)

Download the social media assets and posts

We've pulled together a [suite of downloadable assets and social media posts](#). This features lived experiences from Simon, Ludwig, Andrew and Sachin talking about their physical, sexual and mental health and how they quit.

Methods include using the [Smoke Free App](#), nicotine vaping, patches and acupuncture. We've also included a video featuring Dr Agatha Nortley-Meshe explaining the link between smoking and feelings of anxiety and how quitting can help you break the cycle.



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