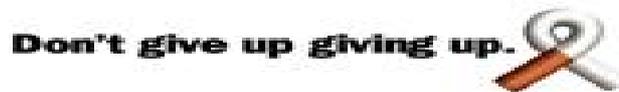


# SMOKING CESSATION



**The practice** is active in encouraging patients to stop smoking and participates in the Northamptonshire PCT Stop Smoking Campaign.

**The Practice Nurses** see patients by appointment to deal with smoking cessation. They provide advice, resources such as leaflets and aids and subsequent follow up appointments as well as prescribing Nicotine Replacement Therapy (NRT).

## **Pharmacy Support**

Support can also be accessed via a drop in style service at one of the PCT's specially trained pharmacists in Northampton where information, support and NRT are available.

## **FREE Stop Smoking Groups**

The PCT run local stop smoking groups in both community settings and at Northampton General Hospital throughout the year. This enables potential quitters to gain information and benefit from meeting other people also wishing to give up.

## **Local NHS Stop Smoking Support Service Helpline (01604) 615272**

Based at Northamptonshire PCT Headquarters in Highfield, Northampton. The team are available to signpost people to specific services in Northampton; provide advice, support and resources.

## **NHS Smoking Helpline**

**0800 169 0 169** (7am to 11pm with specialist advisers available from 10am to 11pm.)

## **Specialist advice about smoking & pregnancy Tel: 0800 169 9 169**

Open daily 12noon to 9pm

## **Useful Internet sites**

[www.quit.org.uk](http://www.quit.org.uk)

[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

[www.no-smokingday.org.uk](http://www.no-smokingday.org.uk)

[www.ash.org.uk](http://www.ash.org.uk)

Smoking Cessation - Young People and smoking. Data provided by the NHS Smoking website

## **Did you know?**

- One person dies from a smoking-related disease every 4 minutes in Britain. That's the same as a full jumbo jet crashing every single day for a year.
- Most people killed by tobacco started smoking when they were teenagers.

- **Around half of the teenagers who carry on smoking will eventually be killed by tobacco. Half of these will die in middle age (between 35 and 69)**

**Is that something you want to get into?**

**Young people start smoking for lots of reasons. Some are curious about what it's like. Others want to try it because they have seen other people smoking – friends, family or famous people they admire. Others think it will make them look more mature or a bit cool.**

**Whatever the reason for starting, no-one ever thinks they'll be smoking for life. But don't underestimate the addictive nature of nicotine. It's not like shopping or chocolate – nicotine is as addictive as cocaine or heroin. 70% of adult smokers started when they were aged 11-15. Stopping smoking is not easy and the best solution is never to start.**

**Save your life**

**Smoking contributes to cancer, heart disease, bronchitis, strokes, stomach ulcers, leukaemia, gum disease, gangrene, asthma, wrinkles, bad breath .....**

**Keep Fit**

**Smoking makes you short of breath, making sport, exercise and dancing more difficult.**

**Secondhand Smoke**

18

**This is other people's tobacco smoke. Breathing in their smoke is also known as passive smoking. This can cause headaches and lack of concentration. Each year around 17,000 kids under the age of 5 go into hospital with complaints caused by smoke from their parent's cigarettes.**

**Its not just about you**

**Children as young as 5 have tried cigarettes. Kids are more likely to try smoking if they have seen their brothers or sisters doing it. Be a positive role model and influence on your family – DON'T SMOKE**

**READY, STEADY, STOP**

**Data provided by the NHS Smoking website**

**READY**

- **Are you ready to give up?** The more ready, researched and prepared you are the better you are likely to succeed.
- **Do you understand your habit?** Keep a diary for a week of when, where and why you smoke. List the reasons why you want to stop.
- Work out your main triggers for smoking
- Have you decided how you are going to stop and what aids you may need e.g. NRT

**STEADY**

- **Set your stop date** – use your diary to determine the best time.
- **Arrange support** -Tell your family, friends and colleagues. Seek help from your GP practice and other NHS services.
- **Plan treats** – e.g. an outing.
- Keep concentrating on things you dislike about smoking