

Smoking

Why stop smoking?

Stopping smoking is the most important thing you can do for your health.

Smoking increases your risk of developing cardiovascular disease by four times, with smokers dying on average 14 years earlier than non-smokers.

It is never too late to stop.

- ♥ Within two days of quitting your ability to smell and taste improves
- ♥ Within three months of quitting your circulation improves and you can breathe more easily
- ♥ Within five years of quitting your risk of having a heart attack is reduced to the level of someone who has never smoked
- ♥ Financially you will be better off.

How can I stop?

Some ways to quit smoking include:

- ♥ Getting help from friends and family
- ♥ Buddying up with someone else who is quitting
- ♥ Contacting Quitline on 0800 778 778 for free and confidential support and subsidised Nicotine Replacement Therapy (NRT)
- ♥ Contacting your doctor or practice nurse for support and subsidised NRT
- ♥ Contacting other smoking cessation health professionals in your community and asking for subsidised NRT (contact these providers through ASH or local Public Health offices)

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- ♥ Nicotine Replacement Therapy (NRT) as:
 - ♥ Patches (subsidised)
 - ♥ Gum (subsidised)
 - ♥ Lozenge (subsidised)
 - ♥ Inhaler
 - ♥ Microtab
- ♥ Zyban - available by prescription only
- ♥ Champix - available by prescription only.

It's important to set a date to quit. Choose a time when you are not under a lot of pressure, but still busy. Most people find that throwing out all tobacco products helps avoid temptation.

Remember the 5 Ds.

- ♥ **D**elay acting on the urge to smoke
- ♥ **D**e-programme. Think about what triggers you to want to smoke and practise in your mind how you wish to react to that trigger
- ♥ **D**eep breathe. Take a long slow breath in, breathe slowly out again
Repeat three times
- ♥ **D**rink water. Sip slowly, holding it in your mouth a little longer to savour the taste
- ♥ **D**o something else. Take your mind off smoking by taking action; put on some music, go for a walk or ring a friend.

There are many different ways to quit, so even if you have tried before and relapsed, do not lose heart. Your doctor, nurse or health professional can help find strategies that will work for you.