

# Patient information leaflet: Smoking

## Stop smoking for good

There has never been a better time to stop smoking for good. It is the best thing you can do for your health, and there are many treatments available to help.

## Benefits of stopping smoking

The benefits of stopping smoking can include:

- increased energy levels
- improved taste and smell
- improved circulation, making walking and running easier
- increased fertility
- fewer coughs, wheezing and breathing problems
- reduced risk of developing many diseases, including many cancers, heart attacks and strokes
- your chances of having a heart attack will be halved within one year
- your risk of developing lung cancer will be reduced to that of a non-smoker after five to ten years

## Tips for success

- Set a date - commit yourself to a quit date well in advance
- Seek help - ask your GP or Practice Nurse for help in stopping, since they can prescribe treatments to help you
- Clear out - empty your house, car and office of cigarettes, lighters and ashtrays
- Support - seek support from your family and friends, as well as the support provided by your healthcare professional. Find someone to quit with you.
- Weight - don't try to diet and stop smoking at the same time. Put concerns about weight gain into perspective against the damage caused by smoking. If you are worried, ask your GP about stop smoking aids that might help to reduce weight gained during a quit attempt
- Keep busy - it is important to keep yourself busy - take up a hobby, or try exercise which evidence shows may improve long-term success rates

## What is Nicotine Replacement Therapy (NRT)?

Nicotine Replacement Therapy (NRT) is a stop-smoking aid that allows you to break your dependence on nicotine in cigarettes. NRT has been shown to double your chances of successfully quitting smoking.

There are six types to choose from to suit your level of dependence and personal preference. These include the patch, which is a sticky plaster worn on the skin; gum, lozenges or microtabs, which you suck or chew; the inhalator, which you suck or chew; which is used in the nostrils. Your GP, Nurse or Pharmacist can help you choose the right product for you.

## IS THERE ANYTHING ELSE?

There is an oral tablet treatment available only on prescription from your GP.

**MOSS GROVE SURGERY  
15 MOSS GROVE  
KINGSWINFORD  
WEST MIDLANDS  
DY6 9HS**

**CONTACT NUMBER:  
01384 277377**



I WOULD LIKE SUPPORT TO STOP SMOKING: Yes  No

Please tick appropriate and return to: Moss Grove Surgery, 15 Moss Grove, Kingswinford, West Midlands. DY6 9HS

I would like an appointment at the Practice:

Anytime  Morning  Afternoon  Evening

I was a smoker and have quit (Date) .....

Name: ..... Contact Number: .....

Address: .....