

What is my treatment plan?

What is my follow-up after I go home?

Where can I turn to if I need help?

Information on how to access
Hospital Stop Smoking Service



Telephone Support:

Greater Manchester has a dedication support service that you can contact through the National Stop Smoking Service: **0300 123 1044**

Internet:

www.nhs.co.uk/livewell/smoking

Phone Apps:

NHS Smoke Free & Stoptober Apps



A helping hand to stop smoking

An information leaflet for smokers



Why is smoking addictive?

- Cigarettes contain nicotine which is a very addictive drug.
- Nicotine causes the release of relaxing, calming and feel good hormones in the brain.
- As the nicotine disappears after the cigarette is finished, the positive feelings also disappear
- Without nicotine a smoker suffers negative feelings like agitation, anger & anxiety and this causes an intense craving for nicotine
- The cravings and addiction to nicotine becomes very powerful over years of smoking.
- **Addiction to nicotine is a disease and one that has very effective treatments.**

Why is smoking harmful?

Nicotine itself is a relatively harmless substance, apart from leading to a powerful addiction. Nicotine does **NOT** cause death, cancer, heart disease or any other serious diseases. In fact, it is very similar drug to **Caffeine**. The dangerous part of smoking is the

chemicals produced when tobacco is burnt. Lighting tobacco produces around 5000 poisonous chemicals including tar, carbon monoxide, and arsenic. It is these chemicals that cause death, heart attacks, strokes, cancer and lots of other health problems.

The shocking truth about smoking:

A smoker is addicted to a harmless drug (nicotine) but to satisfy this powerful addiction they are exposed to poisonous and fatal chemicals in cigarette smoke.



What are the benefits to me if I stop smoking?

Enjoy a longer and healthier life

Half of smokers die because of their smoking

Reduce your risk of having cancer

Smoking causes 16 different types of cancer

Reduce your risk of heart attack or a stroke

Improved blood circulation

Less risk of leg ulcers, blocked blood vessels and amputation

Improved mental health

Stopping smoking reduces anxiety and depression

Reduce your risk of suffering infection

Helps your body heal better after surgery

You will have more money

Smoking 20 cigarettes a day costs nearly £3,000 a year

You will smell and taste things better as well as smell fresher!



20 minutes after quitting

The heart rate and blood pressure drop back to normal

2 weeks after quitting

Circulation and lung function improve

1 year after quitting

The risk of heart disease is reduced to 50%

10 years after quitting

The risk of dying from lung cancer drops 50%

12 hours after quitting

The level of carbon monoxide in the blood drops to normal

1-9 weeks after quitting

Coughs and breathing problems begin to disappear

5 years after quitting

The risk of throat, oesophageal and bladder cancer drops 50%. Risk of cervical cancer and stroke drops

15 years after quitting

The risk of heart disease is equivalent to a non-smoker

What options are there to help me stop smoking?

Smokers are four times more likely to stop smoking for good with the help of medications and specialists. Both are readily available at this hospital.

Nicotine Replacement Therapy

Nicotine replacement therapy is a safe way for a smoker to have nicotine without cigarettes. It relieves cravings for nicotine. It can be given in lots of different ways like nicotine patches on the skin plus nicotine lozenges & chewing gum. It must be remembered that cigarettes are very good at delivering a large 'hit' of nicotine into the body very quickly and nicotine replacement therapy cannot deliver the same 'hit' quite as well as cigarettes can. It is therefore very important to use nicotine replacement in high doses and very regularly to ensure the user gets enough nicotine to satisfy the cravings.

Nicotine is a safe drug and smokers cannot overdose on it. It is important to use a high enough dose of nicotine replacement to match the amount that cigarettes were giving the smoker

Varenicline

'Varenicline' is a tablet medication. It is the most effective treatment for helping a smoker to stop. It stops the release of the feel good hormones from smoking. This stops the enjoyment of smoking and reduces cravings. It occasionally has some mild side effects such as sickness (often prevented by taking the tablet with food and a glass of water) and very colourful & vivid dreams. These mild side effects are very small in comparison to the enormous benefits of stopping smoking. Varenicline is taken for a period of 12 weeks.

E-cigarettes

'E-cigarettes' contain nicotine liquid. This liquid is heated to make a vapour and is referred to as vaping. There is no tobacco in e-cigarettes and so there are significantly less of the harmful chemicals compared to cigarettes. E-cigarettes can help smokers get their nicotine in a less harmful way. E-cigarettes are not currently available for prescription or use in hospital but can be purchased from licensed sellers on discharge from hospital.