

Many people don't realise that their GP can help them quit smoking. But your doctor can do a lot, such as enrolling you in a 'stop smoking' clinic and prescribing nicotine replacement therapy such as patches and gum, or stop smoking medication such as Champix.



## STOPPING SMOKING

Lung cancer is responsible for around a quarter of cancer deaths in the UK, and 90% of lung cancer cases are related to smoking.

Stopping smoking greatly cuts the risk of developing cancer. The earlier you stop, the greater the impact.

But it's never too late to quit.

People who quit smoking at 30 live nearly as long as non-smokers, and those who quit at 50 can still undo half the damage.

## I Want To QUIT

Every smoker's experience of trying to stop is different and what works for one successful quitter will not necessarily work for another. However, there are certain things that many smokers do find helpful and may be of help so you can devise your own plan on how to quit.

Experience shows that the most successful way to stop smoking is not just to try and cut down, but to stop abruptly. You must be prepared for difficulties, and pick the best time to stop. If you smoke a lot at work then it is best to give up at the weekend, or on holiday. If you smoke mainly when you are relaxing, the start of your working week is probably a good time. Either way, tell all your family, friends and colleagues that you are about to stop – that will make it harder to go back on your word.

***If you would like some help with a quit plan make an appointment with one of our nurses who have been fully trained in assisting you giving up smoking***

## What is Nicotine Replacement Therapy (NRT)?

Nicotine products such as patches and gum are often called Nicotine Replacement Therapy, or NRT for short. They help you to deal with nicotine withdrawal cravings, and double your chances of successfully going smoke free. Nicotine Replacement Therapy (NRT) gives your body nicotine without the harmful effects of smoking or chewing tobacco. The idea is to gradually reduce your addiction by using a low nicotine dose to take the edge off the cravings.

### Quit smoking App available for your mobile

Download the free NHS Quit Smoking app available at the iTunes store.

The NHS Quit Smoking app makes it easier to stop.

Provides daily support and instant tips. Keeps track of how much money you're saving

Shows how many days you've been smoke free

Includes a direct line to the NHS stop smoking helpline.

Provides links to local NHS stop smoking services.

## ***TIME LINE***

### **20 minutes**

Blood pressure and pulse rate return to normal.

### **8 hours**

Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal

### **24 hours**

Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris.

### **48 hours**

There is no nicotine in the body. Ability to taste and smell is greatly improved.

### **72 hours**

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

### **2-12 weeks**

Your circulation improves.

### **3-9 months**

Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.

### **5 years**

Risk of heart attacks falls to about half compared to a person who is still smoking.

### **10 years**

Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.

The Valkyrie Surgery  
Valkyrie Primary Care Centre  
50 Valkyrie Road  
Westcliff on Sea  
Essex

Tel 01702 221622  
Fax 01702 221623



# **Stop Smoking**



**The Valkyrie Surgery**