

Support to Stop Smoking

Approximately 114,000 smokers die in the UK every year as a result of their habit.

Smoking kills around five times more people in the UK than road traffic accidents (3,439), other accidents (8,579), poisoning and overdose (3157), murder and manslaughter (513), suicide (4,066), and HIV infection (234) all put together (22,833 in total - 2002 figures).

The single most important thing you can do for your current and future health is to **STOP SMOKING**.

The minute smoking stops the benefits begin. Benefits to stopping start within 20 minutes and over the next few weeks you will experience positive signs of recovery:

Stop Smoking Time-Line

20 Mins	Blood pressure goes down
1 Hour	Circulation improves, hands and feet feel warmer
8 Hours	Oxygen in your blood returns to normal so your heart rate drops
1 Day	Lungs begin to work better
2 Days	Taste and smell improve
3 Days	Energy levels increase and breathing becomes easier
2 Weeks	Any withdrawal you may have experienced starts to lessen within 2-6 weeks of stopping
6-12 Months	Over the next 6-12 months the risk of heart attack, cancer and other smoking related illnesses begin to fall

How can the Support to Stop Smoking Service help?

Chew Medical Practice and Sirona Care & Health run the Support to Stop Smoking Service, which is a free NHS Service that offers help, advice and support to smokers who want to quit.

Please ask at reception for details and an appointment for a "Stop Smoking Session".

The appointment will be for 20 minutes and are available during weekdays.

All our Healthcare Assistants and nurses are smoking cessation advisors, and they can support you during your attempt to stop smoking. Stopping smoking is the most important measure of all in maintaining good health.

They are able to advise on appropriate forms of nicotine replacement therapies, including the use of patches, gum and the more recently available medication

champix. This is then available from the practice.

- Get support while you quit
- Make a personal plan to stop smoking
- Set a quit date
- Find ways to cope with cravings
- Stay stopped

Did you Know ...

That a cigarette not only contains nicotine but substances such as tar, carbon monoxide, acetone, ammonia, arsenic, formaldehyde, cadmium, benzene and cyanide.

More useful information can be found at <http://www.wequit.co.uk/> for online support & help. Or ring the Helpline 0800 1690169