



# Smoking Cessation Advice

## The harms of smoking

Smoking causes:

- **Chronic health problems**
  - Cancer (lung, mouth, kidney, stomach and more)
  - Strokes and heart disease
  - Breathing problems eg chronic obstructive pulmonary disease
  - Mouth, stomach and bowel problems
  - Male impotence and fertility issues
  - Weak bones
- **Ageing skin and bad breath**
- **Premature death**
- **Adverse effects on other people**

## Benefits of stopping

- **Reduction in smoking related diseases, ill health and death**
- **Reduction in smoking related diseases in others**
- **Reduction in harm to children and pregnancies**
- **Reduction in the risk of children in the family themselves starting to smoke**
- **Save money**

## How quickly you may benefit after quitting

- **20 minutes: pulse returns to normal**
- **8 hours: blood oxygen levels return to normal, nicotine and carbon monoxide levels halve**
- **48 hours: lung start to clear out mucus and other smoking debris. No more nicotine in the body**
- **2-12 weeks: circulation improves**
- **1 year: risk of heart disease halves compared to smoker**
- **10 years: risk of lung cancer half that of a smoker**
- **15 years: risk of heart attack same as someone who has never smoked**

## Advice on how to stop

- **Prepare mentally**
- **Try to stop with someone else, involve friends and family**
- **Avoid relapses**
- **Set targets and rewards for completing them**
- **Try again if relapse**



'You are four times more likely to stop smoking with the support of a smoking cessation service and stop smoking medicines than by willpower alone'

# Treatment

Using a combination of stop smoking treatments and support is found to be the most effective way of stopping.

## Here are some useful links to help you:

Stop smoking medicines can help, especially in combination with counselling.

[Read more](#)

### **Nicotine replacement therapy** (gum, patches, microtabs, lozenges, inhalators, nasal sprays)

There are many ways you can replace nicotine (the addictive chemical in tobacco) whilst quitting smoking.

[Read more](#)

### **Champix (Varenicline)**

Can more than double your chances of quitting, by helping with withdrawal symptoms from nicotine when quitting smoking. It mimics the effect of nicotine in the body. This medication is ideally prescribed as an aid to smoking cessation alongside behavioural support, for example in a smoking cessation clinic.

[Read more](#)

### **Zyban (Bupropion)**

Can more than double your chances of quitting, by helping with withdrawal symptoms from nicotine when quitting smoking. This medication is ideally prescribed as an aid to smoking cessation alongside behavioural support, for example in a smoking cessation clinic.

[Read more](#)

### **E-cigarettes**

They are highly regulated and carry a fraction of the risk of smoking tobacco. They can be used effectively to help stop smoking, especially when combined with other types of support e.g. counselling.

[Read more](#)

There are many sources of publicly available information on smoking cessation from apps, leaflets and websites. We recommend the following:



## Websites

**Smoking cessation clinics:** Free local clinics in the UK where both counselling and medication can be accessed

[Visit website](#)

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**NHS Smoke Free:** information and support about smoking cessation

[Visit website](#)

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**Information about smoking cessation:** facts and figures, harms of smoking, benefits of stopping, how to quit

[Visit website](#)

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 Apps



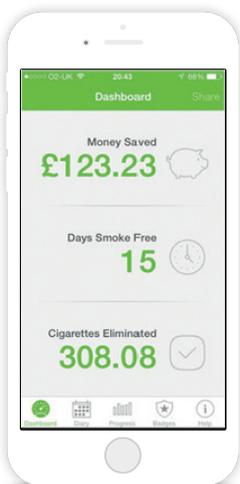
**NHS Smokefree** Android iOS

Created for those who want to stop smoking, the Smokefree app is a 4 week programme that puts practical support, encouragement and tailored advice in the palm of your hand.



**LIVESTRONG MyQuit Coach** iOS

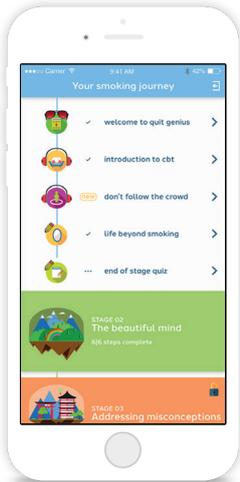
The right support is essential to quit smoking. That's why the LIVESTRONG.COM team built the physician-approved MyQuit Coach app. Get your own personalized plan to help you finally stop smoking, once and for all.



**Smoke Free** Android iOS

This is the app that science built. Proven techniques to help you stop smoking are delivered in a beautifully clear and very human way. The calculator tells you how much money you've saved and how many cigarettes you've not smoked, the calendar tells you how long you've been smoke free and how much life you've regained, bars show you how giving up smoking is improving your health, and a diary shows how your cravings for cigarettes are decreasing over time. Plus filling it out seems to help, even if you only use it to vent.





**Quit Genius** Android iOS

You'll get access to the world's first mobile cognitive behavioural therapy (CBT) program that's been scientifically proven to help you quit for good.



## Leaflets

**Keep yourself healthy:** a guide to giving up smoking

[Read more](#)

**Stop smoking, start living:** motivational leaflet to help stopping smoking

[Read more](#)

**British Heart Foundation Stop Smoking – achieving success worksheet:** activities to actively help stop smoking

[Read more](#)

## Need more help?

 +44 (0)330 088 4980

 [contactus@doctorcareanywhere.com](mailto:contactus@doctorcareanywhere.com)

 [doctorcareanywhere.com](http://doctorcareanywhere.com)