

# NICOTINE REPLACEMENT THERAPY

NICOTINE REPLACEMENT THERAPY (NRT) PRODUCTS REPLACE THE NICOTINE THAT MAKES TOBACCO SO ADDICTIVE. NRT CAN HELP SMOKERS STEADILY REDUCE THEIR NICOTINE INTAKE, RELIEVING WITHDRAWAL SYMPTOMS THAT CAN INCLUDE HEADACHES, MOOD SWINGS AND LACK OF CONCENTRATION.



THESE PRODUCTS ARE AVAILABLE OVER THE COUNTER AT PHARMACIES AND FROM STOP SMOKING CLINICS.

SOME RELEASE NICOTINE SLOWLY AND OTHERS QUICKLY

ASK ADVICE TO FIND OUT WHICH PRODUCT WILL SUIT YOU BEST!

## - HELP & ADVICE -

DOWNLOAD THE SMOKE-FREE APP



VISIT THE NHS STOP SMOKING SERVICE



[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

IF YOU NEED EXTRA HELP, VISIT YOUR GP.



# Stoptober

THERE ARE MANY GOOD REASONS TO QUIT ...



AFTER 20 MINUTES

Blood Pressure Returns to Normal



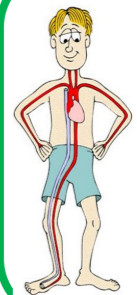
AFTER 48 HOURS

Lungs Begin To Clear and Taste and Smell Improves



AFTER 72 HOURS

Breathing Becomes Easier and Energy Levels Increase



AFTER 2-12 WEEKS

Circulation Improves



AFTER 5 YEARS

Risk of Heart Attack Reduced



AFTER 10 YEARS

Risk of Lung Cancer Reduces by Half to That of a Smoker



IT'S NEVER TOO LATE TO QUIT

Stopping Smoking For 28 Days Helps With Quitting Long-Term

# SMOKING AND THE BODY

SMOKING IS THE BIGGEST CAUSE OF PREVENTABLE DEATH IN ENGLAND - EVERY CIGARETTE SMOKED IS HARMFUL TO THE BODY. HARMFUL EFFECTS INCLUDE ...



## INCREASED RISK OF HEART PROBLEMS ...

HEART DISEASE  
BLOOD CLOTS  
HEART ATTACK  
STROKE



## INCREASED RISK OF LUNG PROBLEMS ...

ASTHMA  
COPD  
EMPHYSEMA  
LUNG CANCER



## INCREASED RISK OF CANCER ...

MOUTH  
THROAT  
STOMACH  
LUNG  
KIDNEY



## POOR CIRCULATION...

BLOOD CLOTS  
INCREASED BLOOD PRESSURE  
NARROWING OF THE ARTERIES  
STROKE

## APPEARANCE ...

WRINKLES  
STAINED FINGERS  
STAINED TEETH

## ALSO ...

BRITTLE BONES  
MALE IMPOTENCE  
FEMALE REDUCED FERTILITY

QUITTING SMOKING WILL GREATLY IMPROVE YOUR HEALTH

# HOW TO QUIT

## MOTIVATION



People have different reasons to give up smoking. These could be family, health or financial reasons.

Stay focused and remember why you are doing this.

## SET GOALS



Giving up smoking is a BIG challenge.

Set smaller goals to reach your main one.

Perhaps set a target for a new outfit a night out, holiday or another treat.

## SMALL CHANGES TO YOUR LIFESTYLE CAN HELP YOU RESIST TEMPTATION TO LIGHT UP.

Smoking is one of the leading causes of preventable death in the UK, so no matter how many times you've tried to stop smoking, IT'S NEVER TOO LATE TO QUIT!

## TAKE TIME TO RELAX



Some people use smoking to relieve stress. There are healthier alternatives you can try, including exercise, music, reading, going outside, meditation, creative hobbies, spending time with friends.

## TALK ABOUT IT



Many have been there, giving up smoking can be tough, especially if doing it alone. Speak to friends and family for support.

Ask a Pharmacist or GP for help or sign up to a Stop Smoking Service .