

# SMOKING AND YOUR HEALTH

It is generally known that smoking damages your health.

Three quarters of smokers want to stop.

## ***How can you stop smoking?***

- β Smoking is addictive and can be very difficult to stop.
- β Try to be realistic and set yourself realistic goals.
- β Make a list of all the benefits of stopping, for example, the health benefits to you and those around you, saving money, improved sense of taste and improved fitness levels.
- β Chose a day and stick to it. Get rid of your cigarettes, ashtrays and lighters etc. Tell all your friends and family and ask for their support.
- β Try to avoid situations that tempt you to smoke.
- β Keep at it!

## ***How can you get help to stop smoking?***

- ↗ Your employer may have a scheme to help people quit the habit, usually run by the Occupational Health Units.
- ↗ You may get advice from your Doctor or Practice Nurse who may give you Nicotine replacement.
- ↗ Information and advice is available from [NHS Tayside 0845 600 9996](tel:08456009996) or from [NHS Health Scotland 0800 84 84 84 Smokeline](tel:0800848484).
- ↗ Whitefriars Red Practice has a stop smoking clinic on a Tuesday afternoon at the surgery. This offers one-to-one support, advice and Nicotine Replacement Therapy.
- ↗ Please call [625842](tel:625842) for an appointment.

## ***Nicotine Replacement Therapy***

Nicotine is the addictive part of the cigarette. Addicted smokers can suffer unpleasant withdrawal symptoms and craving which can cause them to give up any attempt to quit. NRT acts as a temporary replacement to reduce the severity of the withdrawal symptoms. Studies have shown that NRT doubles the chance of stopping and that this increases if support is added.