

Preparing to stop ^{stage 1}



Do you really want to stop?

Here is a checklist of reasons for giving up. Tick the reasons that apply to you. You may want to add one or two of your own.

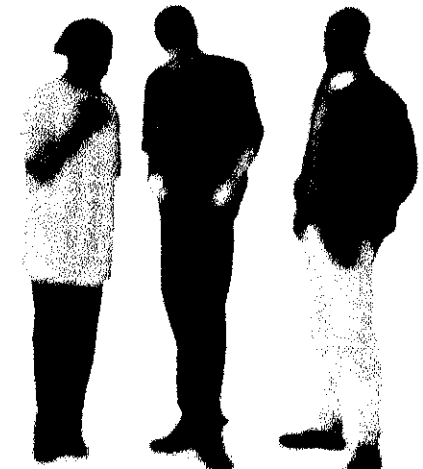
- I want to improve my health
- I'm tired of smelling of smoke
- I don't want my children to become smokers
- It's anti-social
- I'm afraid of getting cancer
- I don't like being addicted
- I have better things to do with my money

• I don't want to put on weight

Some people do gain weight when they give up smoking, but many don't. Once you've kicked the habit you should have more energy and feel fitter so losing a few pounds, if you need to, should be fairly easy. Remember, you've got the rest of your life to work on eating healthily and taking regular exercise.

• Smoking helps me cope with stress

Actually, nicotine is a stimulant. It only makes you feel calm because you are addicted to it. Break the addiction and you will feel less stressed.



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Get ready

To be really ready to stop you need to tackle any problems or excuses. Look at the following list. Do any of them apply to you?

- **I don't have any will power**

Will power is like a muscle – you can build it up. Will power just means wanting something badly enough.

- **I'm worried about withdrawal**

You may experience hunger, tiredness, irritability and poor concentration, but these symptoms don't usually last more than a few weeks. You can help yourself by using nicotine replacement therapy.

- **It's too late – the damage is probably done**

The risk from smoking builds up, so the sooner you stop the better. As soon as you give up, the risk of serious disease starts going down.

- **I'd rather just cut down gradually**

Cutting down means you are constantly thinking about your next cigarette. And it can make withdrawal symptoms worse. Try to stop completely on day one.

- **It isn't the right time**


There are bad times to stop – when you're under particular stress, for example. But it's easy to use this as an excuse. If you've read this far you're probably ready to try.

If you're ready to stop, make an action plan:

- Decide when you're going to stop. Get rid of your cigarettes and ashtrays the night before.
- Let friends and family know that you're giving up – and don't forget you can call **0800 169 0 169** for information and support.
- Break the habit – you may need to change your routine for a while.
- Think about using nicotine replacement therapy.

stopping

stage 2



Getting through the first days

- If you need to put something in your mouth, try sugar-free chewing gum – keep it healthy and non-fattening.
- If you need to do something with your hands, find something to fiddle with – a pencil, coin or ring. Anything but a cigarette.
- Try drinking juice or eating fruit when you feel like having a cigarette.
- Be sensible with alcohol. A few drinks can make you 'forget' you've given up.
- Congratulate yourself – every day without cigarettes is an achievement!

Take one day at a time...

It's a cliché, but it works. Make your goal to get through today without smoking. It is easier to do this each morning than to worry about how you will manage without cigarettes for the rest of your life.



Staying stopped

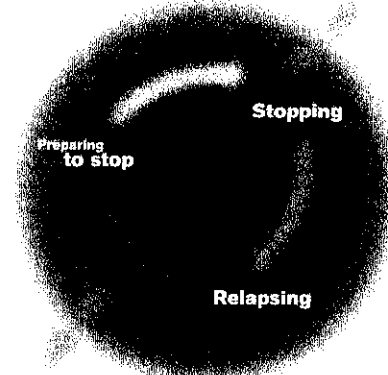


Am I a non-smoker yet? You're getting there, but this is a dangerous time. Here are some do's and don'ts to help you stay stopped:

- **DO** stay positive. If you feel tempted remember how far you have come - and why.
- **DO** ring **0800 169 0 169** for information and support. There will be someone to talk you through the hard times.
- **DO** keep busy. Boredom can make you smoke.
- **DO** learn to relax and deal with stress. Set aside some quiet time each day. Just five minutes of deep breathing will help.
- **DO** take some exercise. Even a walk round the block will energise you and take your mind off cigarettes.

- **DON'T** let smoking friends tempt you if they force you to take a cigarette, just break it in half in front of them.
- **DON'T** tell yourself that one cigarette won't hurt you. It will. It's always to drive you back to that day you decided you should quit.

staying stopped



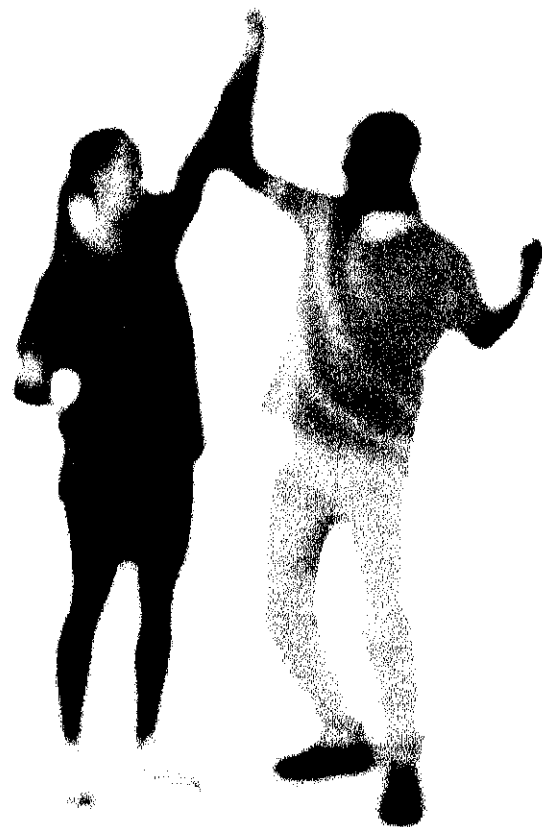
smoking

'What if I've had a cigarette?'
Don't give up giving up! Go back to Stage 1 and make tomorrow the day you start again. Think about why you had that cigarette and how you can avoid the same situation in future. If you really feel you're not ready to stay stopped, then have a break. Keep this booklet and try again when you feel ready.

Free at last!

One day you will wake up and realise that you went the whole of the previous day without even thinking about cigarettes.

You've made it. You've begun your new life as a non-smoker.



Nicotine Replacement Therapy

Nicotine replacement therapy – or NRT – really does work. Try **nicotine patches, gum, tablets, lozenges, an inhalator** or a **nasal spray**. All these products have been scientifically tested. Results show that they can **double** your chances of stopping – as long as you follow the instructions on the packet carefully – so choose whichever one suits you best. Most products can be bought over the counter from your pharmacist, except the nasal spray, for which you need a prescription. Ask your pharmacist for advice.

How does NRT work?

NRT works by getting nicotine into your system *without* the tar, carbon monoxide and other poisonous chemicals you get from tobacco smoke. It is these chemicals in

tobacco that are most harmful, but it's the nicotine that's addictive. So while you're becoming a non-smoker, you can still get nicotine from NRT – without the risk of cancer or heart disease. Once you're comfortable not smoking, you can cut out the NRT.

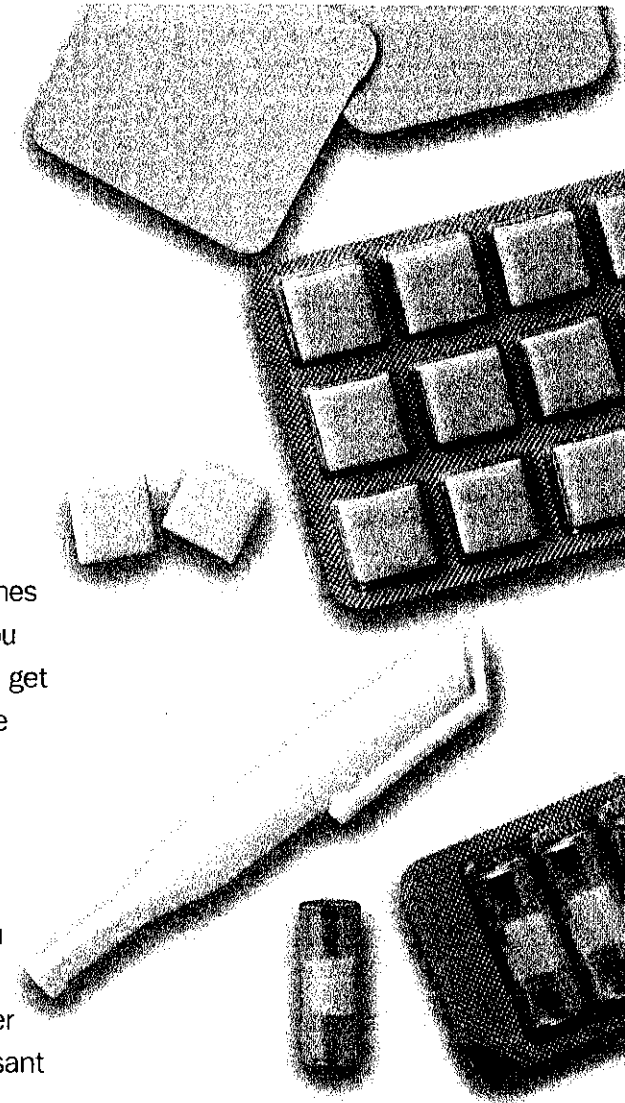
Is NRT safe?

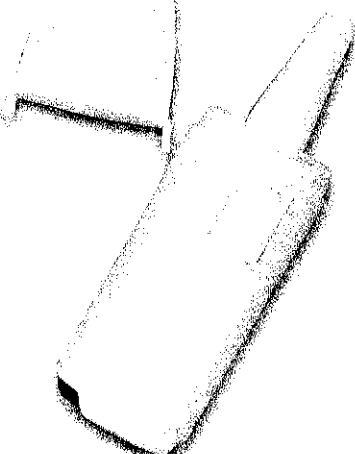
NRT is *much safer* and *much less addictive* than cigarettes. It's not a magic cure, but it will reduce the withdrawal symptoms and cravings while you're stopping. Don't worry about using too much. You can't overdose on it. Follow the instructions on the packet. But remember, NRT isn't meant to feel the same as smoking – it's meant to help you stop.

Nicotine patches: these are available in different doses. If you smoke 10 a day or more, start with the higher dose. Patches are extremely convenient but you can't control the dose – say, to get more nicotine quickly when the craving is particularly strong.

Nicotine gum: chew this gum whenever you feel a craving. Start with the 2mg gum. If you still experience severe craving and withdrawal, try the stronger gum. The taste can be unpleasant at first but for most people this only lasts a week or so. Gum is widely available.

Inhalator: this is a plastic holder with nicotine cartridges that you put on the end. You draw on it like a cigarette and nicotine passes into your mouth.





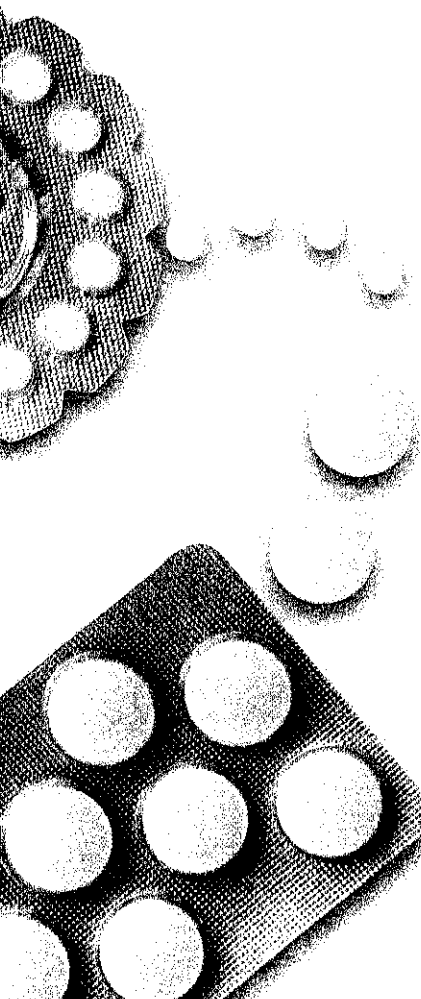
Nicotine nasal spray: you can absorb nicotine through the nose more quickly than with the gum or the patch, but it takes more getting used to, and can irritate the nose.

Tablets: placing small tablets under your tongue allows nicotine to be absorbed through the lining of your mouth. Don't chew or swallow the tablets.

Lozenges: as with tablets, the nicotine is absorbed through the lining of your mouth.

TJ of Rochampton:

I tried stopping several times but I couldn't cope with the withdrawal symptoms. Then the company I was working for gave us some nicotine patches and I found it quite easy to give up. They were really good.'



Where to get help

We're on your side

Special services to help people stop smoking are already running in some parts of the country, and more will be available from April 2000. Services include clinics and specialist counsellors offering help and support.

Contact your local health authority and ask to speak to the smoking cessation co-ordinator of the health promotion service.

For information and support call **0800 169 0 169**. You can also use the line to order this leaflet in a learning disability version, in Braille, on audio cassette and in the following languages:

Bengali, Gujarati, Hindi, Punjabi, Urdu, Chinese, Vietnamese, Greek, Turkish, Arabic, Somali.

Textphone users should call 0800 169 0 171.

If you want to talk to someone face to face ask at your GP practice or local pharmacy, where you can get general advice on giving up smoking as well as advice on NRT. They will also be able to tell you about any special services for smokers available in your area.

Visit our interactive website at **www.givingupsmoking.co.uk** for more information and help.

Books on how to stop smoking are available from bookshops or your local library.