



THE STOP SMOKING SERVICE

Welcome Pack & Self Help Guide

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Working together to
improve the health
and wellbeing of
our communities

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First Step

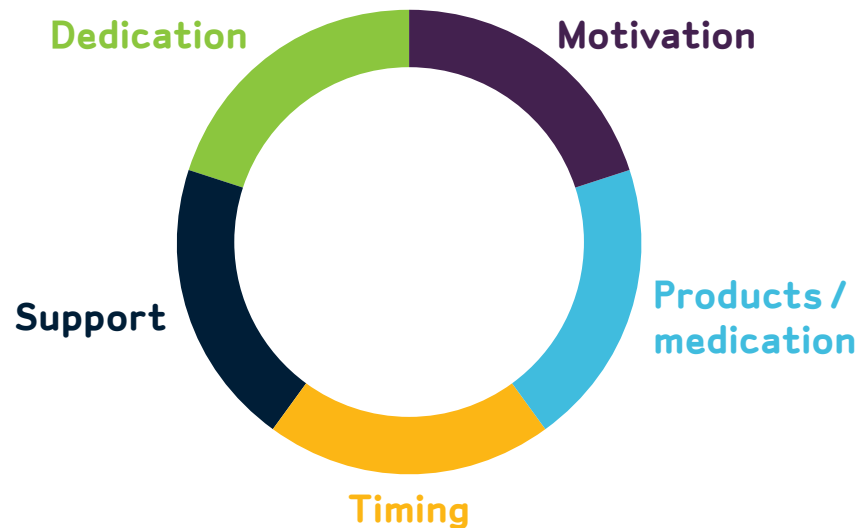


Congratulations on making the crucial and most significant step to a smoke free and healthy lifestyle.

"The First step" - the decision to quit.



Ingredients of a successful quit



Motivation – A key aspect of a successful quit attempt is your initial motivation to stop smoking. Without this clear incentive from the very beginning, you could lose your focus during the programme.

Timing - An element that is often overlooked when trying to quit is timing. Once you have made the decision that you want to quit and feel motivated, take a moment to assess your current lifestyle, stress factors, personal and work circumstances. You want to maximise your probability of success and it is important that you choose a time that is right for **you**.

Products/Medication – There are two important factors to consider when quitting – the physical/chemical addiction to nicotine and the behavioural addiction or habit. It is essential to get on top of the nicotine addiction to help alleviate withdrawal symptoms and minimise your cravings. With support from your advisor, you will choose which product is right for you to help you quit.

Only 4% quit smoking when going "cold turkey".

Support – Did you know you are **3** times more likely to succeed with behavioural support and products? Having a qualified stop smoking advisor to offer their expertise, behavioural support, guidance, advice or even just a listening ear is key and will give you the tools to help you maintain a smokefree life. Of course, if this is combined with support from friends and family, then that is a bonus!

Dedication - You will have probably heard the term 'willpower' before, and yes, in order to 'break the habit' you will need to be completely dedicated. The **products** will help; but you are likely to have moments where your smoking routine and patterns can trigger your urge to smoke, and you will need **commitment** to get through these more difficult moments.

Benefits of quitting

There are many incentives to quit smoking, some you may not have even considered yet:

1. Financial – It goes without saying that if you stop smoking you will have much more money in the bank to spend on bigger and better things. (See page 8)

2. Immediate health – You will not need to wait long to begin to see the impact on your health. From as early as 20 minutes after quitting, your heart rate and blood pressure will begin to drop. Then, over the next few months, you can enjoy seeing an improvement to your circulation, coughing, breathing, etc. (see page 10 for timeline)

3. Family – Our loved ones are important to us and often provide one of our biggest motivations to quit. Whether you're pregnant, quitting for your children or just want to be healthy enough to enjoy making memories with your nearest and dearest, it can be helpful to keep them in mind.

4. Reducing risk of disease – Smoking is one of the biggest causes of death and illness in the UK. Every year around 78,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses. Smoking increases your risk of developing more than 50 serious health conditions. Some may be fatal, and others can cause irreversible long-term damage to your health.

5. Appearance – Your self-image can drastically improve after you stop smoking. Nicotine and tar can stain your teeth and reduce your blood supply giving you wrinkles and dry skin.

6. Confidence – Knowing you can overcome something which challenges you can increase your confidence, self-esteem and resilience.

7. Freedom – Being a smoker can make you feel like you are not in complete control of your own life. Simple things like not worrying about smoking during long journeys, catching a flight or simply not having to stand out in the freezing cold are all added benefits of quitting.

8. Mental Health – When people stop smoking, studies show that anxiety, depression and stress levels are often much lower. Quality of life and positive mood can improve considerably. The dosage of some medicines used to treat mental health problems can sometimes be reduced.



Using the above examples, or any of your own, list below (or think about) your own personal motivations for wanting to stop smoking.



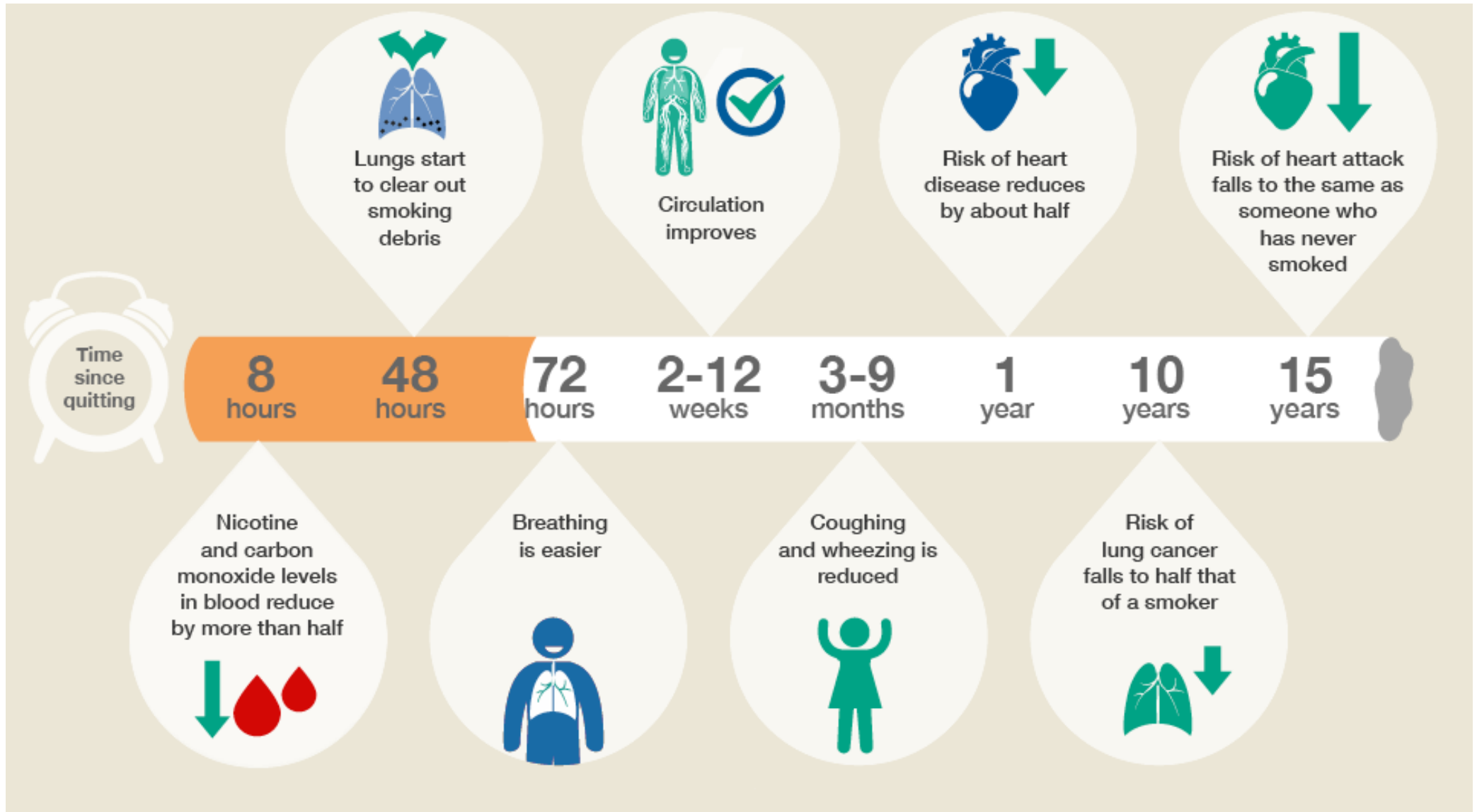
Approx. Amount Smoked per day	How much on average saved after just one week	How much on average saved after just one month	How much on average saved after just one year
If you Smoke 5 a day...	£19	£83	£992
What you could have instead?			
If you smoke 10 a day...	£38	£165	£1984
What you could have instead?			
If you Smoke 15 a day...	£57	£248	£2976
What you could have instead?			
If you smoke 20 a day...	£76	£331	£3968
What you could have instead?			

Fill out (or think about) what you would like to spend your new-found savings on?



Health benefits

It's never too late to quit



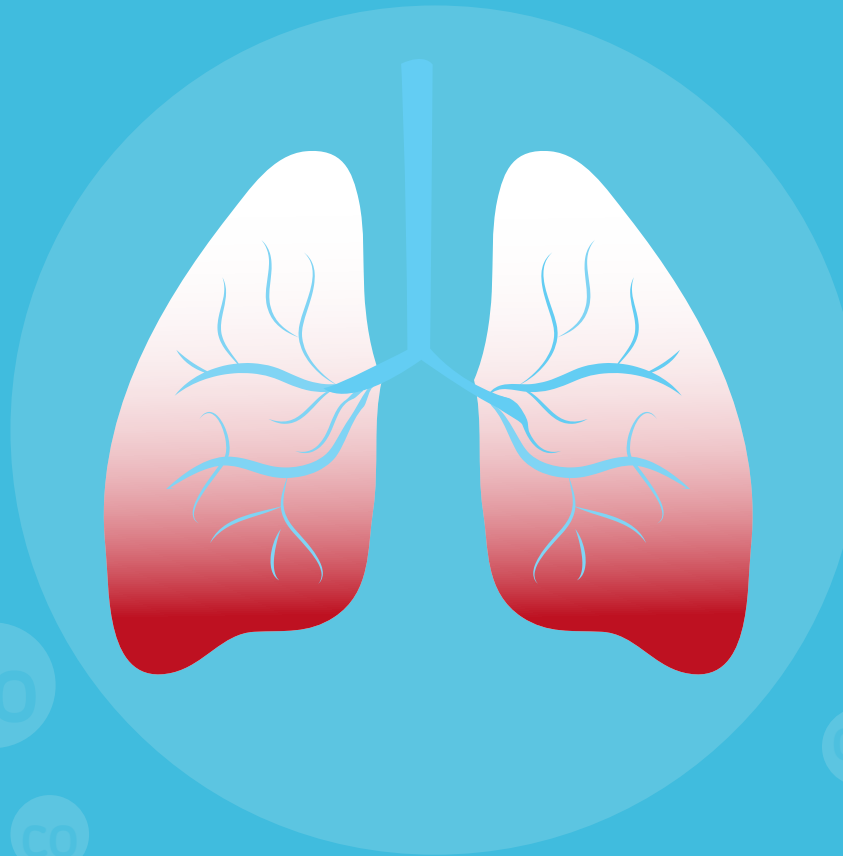
Take a deep breath:

Carbon monoxide (CO) is a poisonous gas produced by burning things and it can be found in car exhaust fumes and tobacco smoke.

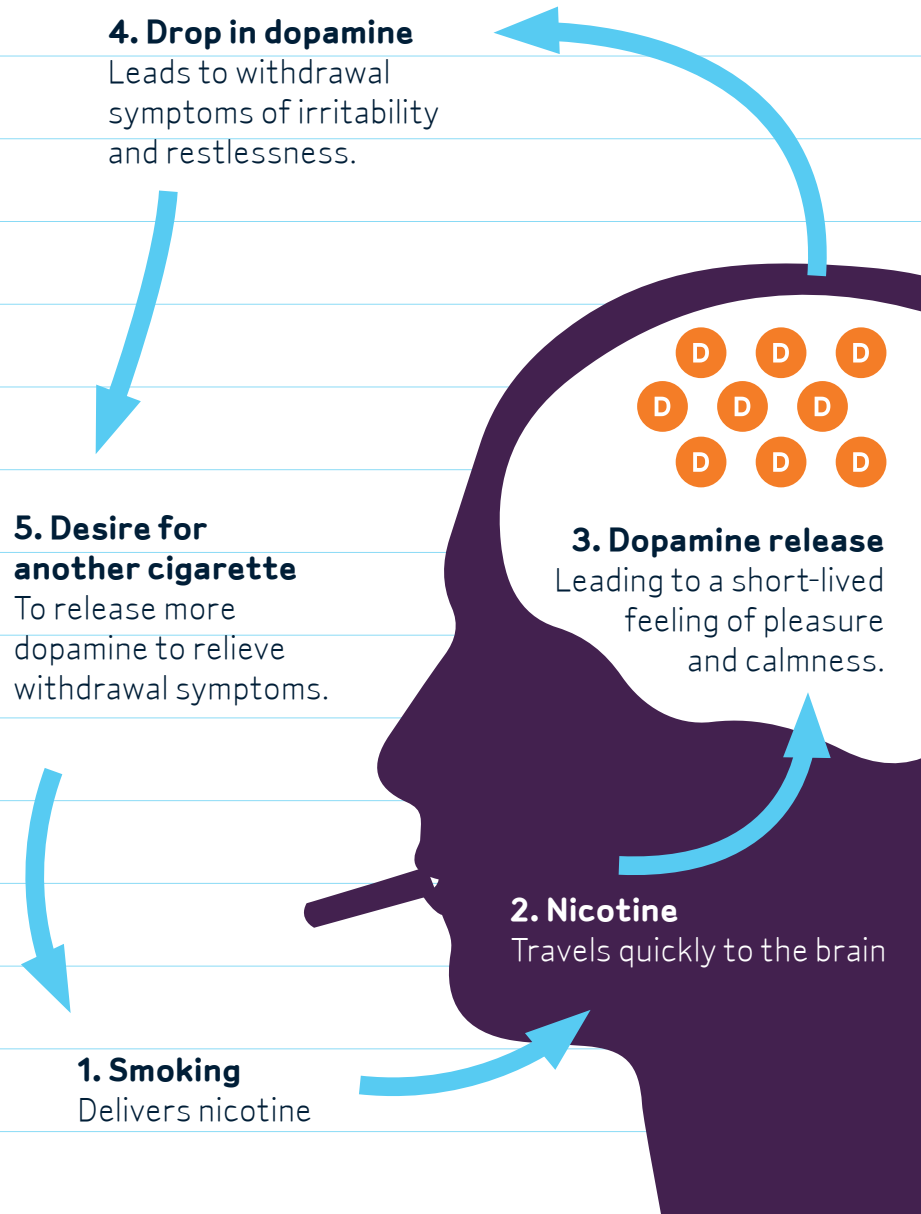
CO has no smell and no colour. The main effect of CO in the body is that it reduces the amount of oxygen in your blood, meaning that the heart must work harder to supply your body and organs with the oxygen they need. If your CO levels are high you may feel tired and it can affect your concentration.

If you are seen face-to-face, your advisor will ask you to exhale into a carbon monoxide machine at each appointment.

The good news is that when you quit smoking completely, carbon monoxide will quickly start to leave your body and after 24 hours your CO levels will be the same as a non – smoker.



The development of nicotine addiction



Nicotine Replacement and Medication

Nicotine is a stimulant that causes a hormonal 'feel good' release of dopamine in the brain. When nicotine levels drop, this can cause you to feel agitated, stressed and restless. To minimise withdrawal symptoms, we offer a variety of products which will help reduce cravings and allow you to focus on breaking the habit.

Nicotine Replacement Therapy (NRT)

Nicotine Replacement therapies are safe and effective medications to help people quit smoking. Our specialist advisors will assess your level of nicotine dependency during your first appointment. You will then discuss together which treatment would be most suitable for you, regarding the product type and strength you require.

Patches

What is it and what does it do?

A nicotine patch releases nicotine into the bloodstream through absorption via the skin. The main benefit of a patch is that your nicotine levels should never drop completely, regardless of usage, if you remember to put it on in the morning, it will manage the release steadily throughout the day.

How do I use it?

Put the patch on first thing in the morning and wear it all day.

- If you are using the 16 hour patch, take it off before bed.
- Put a new patch on each morning
- If patch falls off regularly, feel free to use medical tape/bandage tape to hold it in place.

How often do I use it?

You must only wear one patch at a time and one per day.

Side effects?

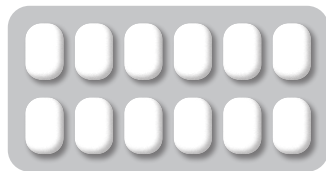
The skin under and around the patch may become slightly red and itchy. This is normal but to try to avoid this, put them on a different body section each day, always avoiding your chest. If a painful rash occurs, please discontinue and consult your advisor.



Chewing Gum

What is it?

The gum contains nicotine which is absorbed quickly through your gums, relieving those unpleasant withdrawal symptoms soon after they strike.



How often do I use it?

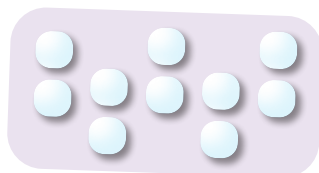
You should aim to have a piece of gum every hour. The maximum usage is 15 pieces per day,

How do I use it?

Chew the gum slowly until a change in taste is noticed (less than 1 minute) then rest it between the cheek and gum to ensure the nicotine is effectively absorbed. Continue chewing and using the "park and chew" method until the taste disappears.

What are the side effects?

Can cause jaw ache, stomach upset and hiccups. Caution when used with dentures.



Lozenges

What is it?

The lozenge is a sugar free tablet that is a mint flavour, however it can taste peppery due to the nicotine content.

How often do I use it?

When your cravings spike. Use 10-15 tablets per day at regular intervals. Each lozenge should last for approximately 30 minutes, after this throw it away. No more than 1 per hour.

How do I use it?

"park and chew" – the way to use them is to suck the lozenge until the flavour is released. Then you can park the lozenge beside the gum, next to either cheek. When the flavour is gone, suck again then park the lozenge until the flavour goes again or lozenge has dissolved.

What are the side effects?

Can cause jaw ache, stomach upset and hiccups. Caution when used with dentures.

Mouth Spray

What is it?

The mouth spray is a faster acting product that is sprayed into the mouth on to the inside of the cheeks. The nicotine is absorbed quickly into your body through the cheek lining, helping to rapidly relieve the urge to smoke.

How often do I use it?

Use at least once an hour if possible or when cravings spike No more than 2 consecutive sprays. A maximum of 4 sprays per hour, not exceeding 64 sprays in any 24-hour period.

How do I use it?

Prime the mouth spray first to ensure the spray is more like a mist rather than a jet. To do this, press hard and fast with your thumb on top of the bottle. Then spray once onto the **inside of the cheek**, avoiding the lips, tongue and again on the other side. For best results, do not eat/drink shortly after use.

Side effects?

User may experience hiccups as well as stomach upset if some of the spray travels down the throat.



Inhalator

What does it do?

The inhalator is a plastic device which delivers nicotine into the mouth, it does not produce smoke. It can replace the hand to mouth action of a cigarette.

How do I use it?

Place a nicotine cartridge into the device and click it into place. Suck the mouthpiece at an angle towards your inner cheek. The nicotine is then absorbed into your blood stream. Try to use for at least 5 minutes for good effect.

How often do I use it?

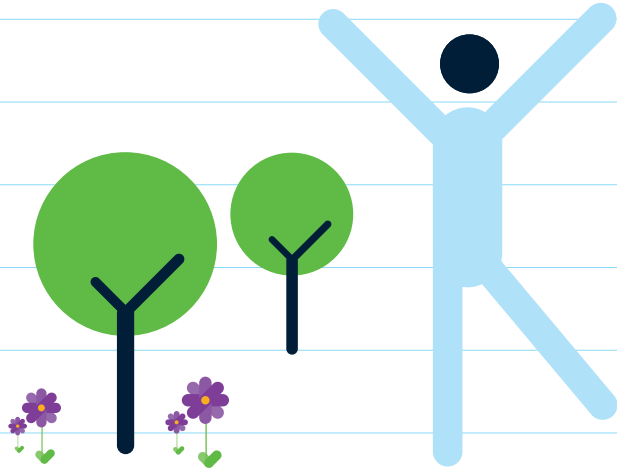
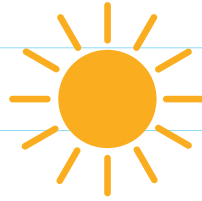
A cartridge will last for around 40 minutes continual use. But you can keep putting it down between uses. You need to use it at regular intervals throughout the day to maintain good levels of nicotine in your body, which will then help relieve withdrawal symptoms. A maximum of 6 cartridges should be used per day.

Side effects?

Potential cough or throat irritation.



Your goal is...



Your primary goal will be to switch your nicotine intake from cigarettes to the products. This is a much safer way to use nicotine as it doesn't contain all the harmful chemicals that cigarettes do.

With help from your advisor, you will eventually reduce your nicotine intake and by the end of the programme you could become nicotine free.



E-Cigarettes

What are e-cigarettes and how do they work?

- An e-cigarette is a device that allows you to inhale nicotine in a vapour.
- They work by heating a liquid that typically contains nicotine, flavourings, propylene glycol and/or vegetable glycerine.
- Using an e-cigarette is known as vaping. They work by heating a liquid that typically contains nicotine, flavourings, propylene glycol and/or vegetable glycerine. There are a variety of models available:
- **Cigalikes** look similar to tobacco cigarettes and can be disposable or rechargeable.
- **Vape pens** are shaped like a pen or small tube, with a tank which is filled with e-liquid, replaceable coils and rechargeable batteries.
- **Pod systems** are compact rechargeable devices, often shaped like a USB stick or a pebble, with pre-filled disposable e-liquid capsules.
- **Mods** come in different shapes and sizes but are generally the largest e-cigarette devices. They have a refillable tank, longer lasting rechargeable batteries, and variable power.

How safe are e-cigarettes?

- In the UK, e-cigarettes are tightly regulated for safety and quality.
- Whilst not risk free, e-cigarettes carry a small fraction of the risk of cigarettes. They are around **95% safer** than smoking.
- E-cigarettes do not burn tobacco and do not produce tar or carbon monoxide, two of the most damaging elements in tobacco smoke.



Breaking the 'habit'

Smoking can be just as much a mental addiction as the physical addiction. We all have patterns of behaviour that are embedded into our daily routine. Instinctively, people don't like change to their set daily routines, and this can result in discomfort, almost a sense of separation anxiety or even attributes of grief. Even something as insignificant as the hand to mouth behaviour can cause discomfort once it's gone.

In order to break this feeling you will have to:

- Review your current routine: An important step so you become aware of the situations that prompt you to smoke. These 'triggers' are moments where you feel the urge to smoke because of particular situation you are in. This is in addition to the nicotine cravings discussed earlier (physical addiction due to a drop in nicotine levels in your system.)

Some examples of 'triggers' could be:

Social - Being around friends/family/colleagues who smoke or being in a social setting where you usually smoke. Drinking alcohol, cigarette breaks at work, etc.

Environmental - A particular place you automatically light up without a second thought. Such as the car, the garden, a specific walking route, the smoking area of your pub, etc.

Time of day - It could be that there is a particular time of day when you smoke; when you wake up, with a coffee/tea, after a meal, just before work/after work, before bed, etc.

Emotional association - Smoking can be associated with certain emotions which trigger our desire to smoke. Change in stress levels, anxiety, joy, relief, depression, boredom, etc, can all be feelings that you relate with smoking.

Once identified, these triggers can be controlled by making changes and putting coping mechanism in place to provide distractions. Your advisor can help you with this.

Prepare yourself to overcome them: If you get a strong craving, what are you doing to do to distract yourself?

When you first stop smoking, it may feel strange or feel like something is missing, which is why it is very important to be prepared, to find a **replacement** for your current routine and a **distraction**. Establishing what this is to start with, then coming up with a new one, that you don't associate with your smoking past, will make quitting much easier to manage. Use the space below to create some ideas.

Old Routine	New Routine
1. Example: Wake up and have my first cigarette with a cup of coffee	Wake up and have an orange juice instead
2.	
3.	
4.	
5.	

Remember: You are always in control of your "habit" if your willpower is greater than the temptation to smoke.

To help with this, please feel free to fill in the smoking diary on page 36 throughout your programme.

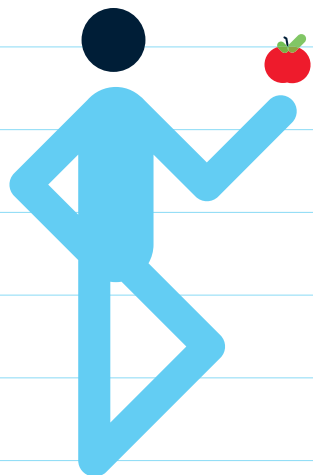
Smoking Stress and Anxiety

Stress is very common and can affect us when we feel unable to cope with mental or emotional pressure in our lives. Stress can affect how you think and feel as well as how your body works.

Physical symptoms include problems sleeping, loss of appetite and difficulty concentrating. It can also make you feel anxious, irritable and in low mood.

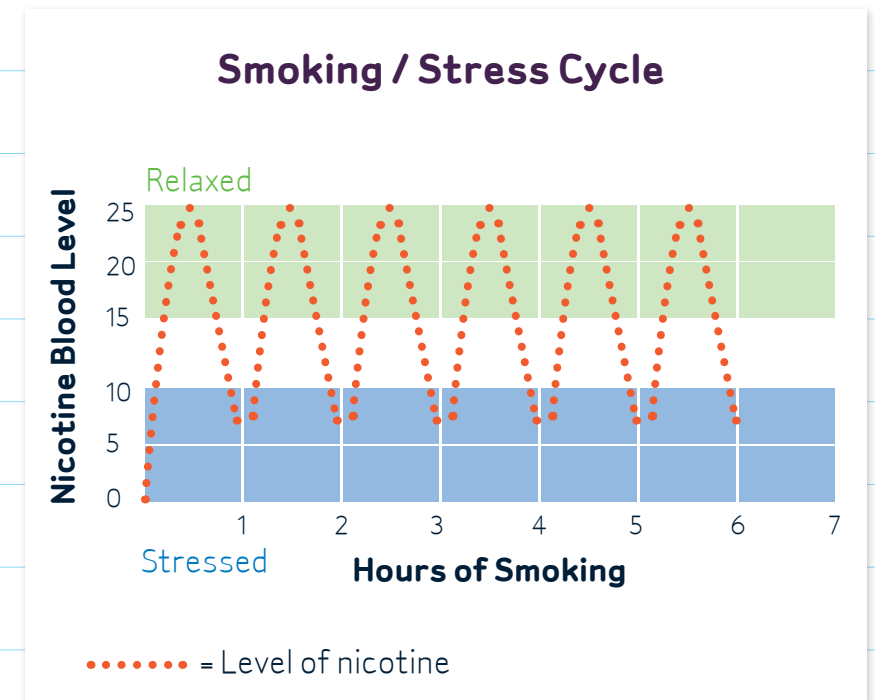
When you have a cigarette, you are relieving these feelings by giving your body the nicotine it is craving. This nicotine will make you feel better in the short term; however, the constant rise and falls will continue throughout the day, making it **difficult for you to relax for long periods**.

Many people report feeling less stressed and have an improved mood once they have quit completely.



Nicotine causes stress

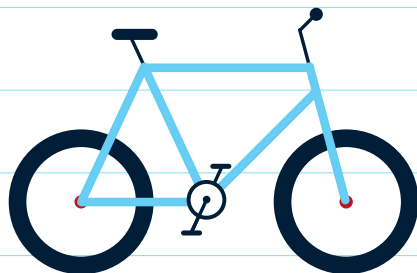
Nicotine is a stimulant, so you are likely to feel **more stressed** by continuing to smoke. If you've not had a cigarette for a while, you may start to feel irritable and tense – this is because your body is craving a cigarette.



Most smokers are surprised to find out that smoking actually increases stress! This is one of the biggest myths around smoking.

There are much healthier and more effective ways to relax, such as:

- **Taking a break.** Even if it is just for a few minutes, get away from a stressful situation. This might mean doing something that you find relaxing, like playing a game or talking with a friend.
- **Breathe deeply:** How?
 - Let your breath flow as deep down into your belly as is comfortable, without forcing it.
 - Try breathing in through your nose and out through your mouth.
 - Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
 - Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.
 - Keep doing this for at least 5 minutes or until feeling more relaxed.
- **Exercise.** When your body is active, it sends out natural chemicals that improve your mood and reduce your stress. Walking is one of the easiest exercises for most people. Even a short walk every day will help you to reduce your stress and improve your health.



Withdrawal Symptoms

You could potentially experience some of the following withdrawal symptoms

Restlessness

Use alternative coping techniques and find something new to focus your mind on.



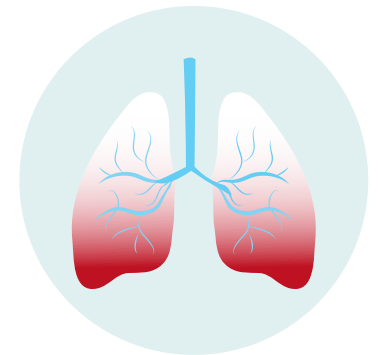
Irritability

Warn family and friends in advance of quitting and ask for their support. Take time to relax, get plenty of sleep and treat yourself when you're doing well so you can focus on the positives of giving up smoking.

Coughing

In normal healthy lungs there are tiny hairs that line the airways. These act to catch any dust or dirt that we all breathe in every day. Smoking destroys these hairs, which means that debris from the air gradually collects in the lungs. After stopping the self-cleaning system starts up again.

Many ex-smokers initially find themselves coughing up more phlegm than before. This can go on for several weeks, but eventually the cough will improve, and the lungs become cleaner.





Poor Concentration

Drink plenty of water and try to get lots of fresh air.

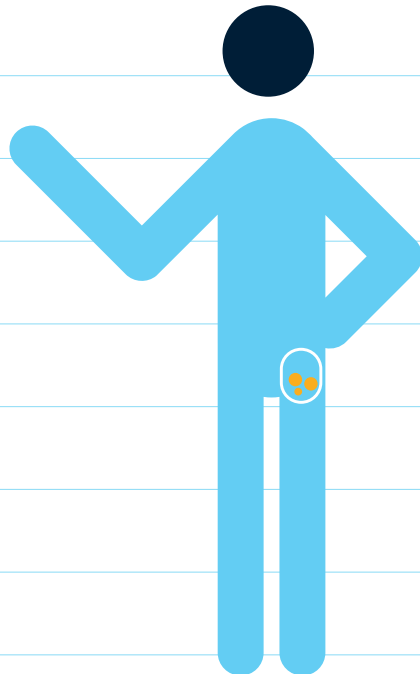


Disturbed Sleep

Cut down on caffeinated drinks and try to get more fresh air and exercise.

Mouth Ulcers

Don't be put off if you develop mouth ulcers. Remember they are only temporary and the long term health benefits of not smoking are far greater than the short term discomfort. Try over the counter medications or see a healthcare professional for more advice.



Constipation

Make sure you drink plenty of water, get lots of exercise and eat as much fresh fruit and vegetables as possible. If it persists, try over the counter medication or see a health care professional for more advice.

Quit tips

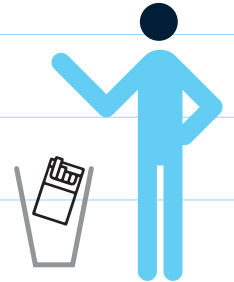
1. Don't struggle through the cravings

– use the **NRT products** that have been given to you by your advisor as these are designed to make your quit attempt more comfortable.



2. Throw out

all your cigarettes, ashtrays & lighters!



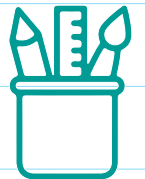
3. Speak with your family and friends

about your quit attempt and gain their support - you may feel as though you need this at times.



4. Take up a new hobby

i.e. arts & crafts, running or walking, join a local group.



5. **Be aware** of your **high risk situations** and make sure you are appropriately prepared for these.



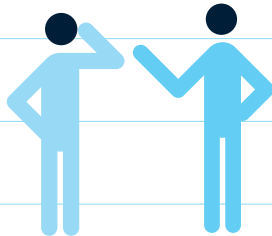
6. **Remember 'just one'** is never just the one. Use the distraction techniques you have learnt through the work pack to deal with these thoughts!



7. **Be positive** – stopping smoking will be hard at first but remind yourself why you have decided to do this. This will be one lifestyle change you won't ever regret making.



8. **Be prepared for social situation** with friends who may offer you cigarettes.



Useful contacts

App:

Search **'Smokefree'** in the app store

Search **"my quit route"** in the app store

Websites

Stop Smoking Service: www.thestopsmokingservice.co.uk

British Heart Foundation: www.bhf.org.uk

British Lung Foundation: www.blf.org.uk/Home

NHS Choices: www.nhs.uk

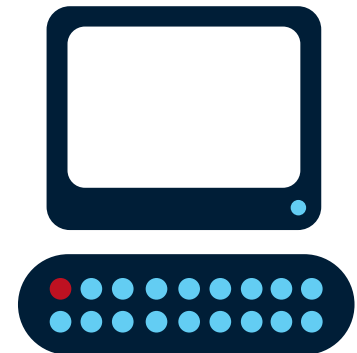
Better Health: www.nhs.uk/better-health

Relate: www.relate.org.uk

MIND Local Mental Health Charity: <http://mind-blmk.org.uk>

Rethink Mental Illness: www.rethink.org

No Smoking Day: www.todayistheday.co.uk



Smoking diary

When?

Date started

DD/MM/YYYY

Record below how many you are smoking a day in each time window

Time of day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
00:00 - 03:00																															
03:00 - 06:00																															
06:00 - 09:00																															
09:00 - 12:00																															
12:00 - 15:00																															
15:00 - 18:00																															
18:00 - 21:00																															
21:00 - 00:00																															

Where? Why?

Where do you smoke the most? What causes you to smoke the most? **List smoking triggers below.**

Examples could be... **Environmental:** Driving, going on a walk, being in a smoking area, etc. **Emotional:** Stress, anxiety, mental health, relaxation, relief, excitement, boredom, etc. **Social:** Being around other smokers, drinking alcohol, seeing/smelling cigarette smoke, cigarette breaks at work.

Time of day: Waking up, Making a tea/coffee, after food, before/after work, before bed.

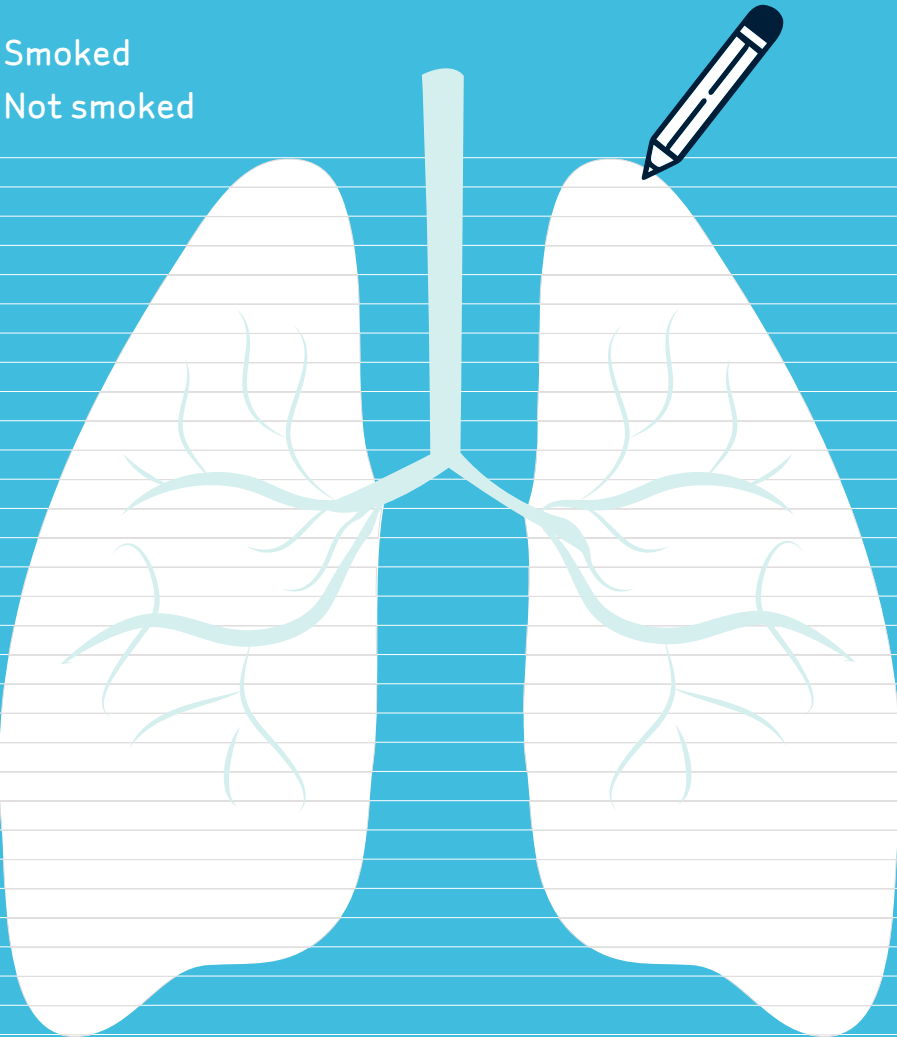
1	
2	
3	
4	
5	

Diary Doodle

Every single day you manage to go smoke free – feel free to mark this by colouring in a further section.

- Smoked
- Not smoked

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
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- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30



Notes

A series of horizontal blue lines for writing notes, separated by a vertical red line from the left page.

Notes



If you live or work within Milton Keynes, Bedford Borough or Central Bedfordshire, you can enjoy **FREE** access to our new comprehensive support app.

The app will help you plan, organise, focus and distract during your quit attempt, giving you 24/7 support. Or open your camera on your phone and scan the QR code here to link you to the download.



Contact us

 **0800 0130553** (free from landlines)

 **www.thestopsmokingsservice.co.uk**



Working together to improve the health and wellbeing of our communities