

A self help guide

Your path to a
Smokefree
life

Contents

Introduction	Page 2
What type of smoker are you?	Page 3
Stopping smoking	Page 5
Thinking about stopping	Page 7
Preparing to stop	Page 9
Stopping	Page 14
What happens when you stop smoking?	Page 21
Breathing and relaxation	Page 25
Benefits of stopping smoking	Page 28
Other ways of using tobacco	Page 32
Aids to help you stop	Page 33
Additional support	Page 41
What happens if you start smoking again?	Page 43

“You have to want to stop and that’s why the guide worked for me - it made me think for nearly two months before stopping”

Introduction

Stopping smoking can be difficult, possibly one of the most difficult things you have ever tried to do. Of the 11 million people who smoke in the UK, almost 8 million wish that they didn't. The good news, however, is that every day over 1000 smokers in the UK do manage to stop smoking and stay stopped, and throughout this guide there are quotes from successful ex-smokers.

This guide is written to help you become a non-smoker. It will help you think about what smoking actually means to you and give you tips on stopping. It will provide you with information on coping with possible withdrawal symptoms, a reason why you may have continued to smoke. The guide is written as a manual for you to work through as quickly or slowly as you like, or alongside attending NHS Lothian's stop smoking services. By making your own notes where the manual suggests, you may be more successful in stopping smoking and staying stopped. Good luck!

Successful quitters

"Thanks to Zyban and group support I have stopped smoking - one year now. I smoked for over 45 years and smoked very heavily - 60 - 100 a day"

"I feel great; I can walk, even run. My highlight was when my wee grandchild told a woman getting on a bus "My Nana can run now" - we were running to get on a bus. Couldn't have done that three months ago"

"I feel 100% like a new person. Life was a cocoon. I see it as it is now - I've come alive. My lungs were so bad that my brain was short of oxygen and I was hallucinating and some days I felt like a zombie. I'm mentally alert now. Before it was either eat or smoke; now I'm socialising. I'm out and about, pretty slow though. I have to use my zimmer but it doesn't stop me getting out. I go out three times a week"

What type of smoker are you?

The chances are you will have started smoking because your friends smoked. However, the main reason for continuing to smoke is the nicotine in cigarettes. Nicotine is the chemical which keeps you addicted; satisfying the craving or urge to smoke releases "feel good" chemicals in the brain which feeds this addiction. It can take as little as four cigarettes to become addicted. Habit, coping with stress or needing help to concentrate are other reasons people mention for continuing.

Knowing what keeps YOU smoking means knowing how to stop.

Physical addiction

Are you addicted to nicotine?

- Do you need to smoke very soon after you've woken up?
- After a while without a cigarette, do you have a huge feeling of relief when you smoke?
- Do you smoke more cigarettes during the first hour of the day?
- When you are in a place where you can't smoke, do you look forward to getting out of it so that you can smoke?
- Do you find yourself standing outside a building to smoke, even if the weather is awful.

- Do you always make sure you don't run out of cigarettes?
- When you try to stop smoking do you get withdrawal symptoms e.g. craving for nicotine or being irritable?

If you answered "yes" to any of these questions then it is likely you are addicted. Nicotine is as addictive as cocaine and heroin.

"If I was out socially I'd smoke more - if I was drinking I'd maybe smoke 40 a night"

"Sometimes my husband throws the packet at me to shut me up! 'Cos I just get raggy"

"It was when I was in first year and it was really just because all my other pals were doing it. Everybody else was doing it so I thought "oh well, I might as well start"..."

Many people think that nicotine is dangerous. Although addictive it is thought to be harmless unless taken in very high quantities. The carbon monoxide, tar and other 4000 chemicals are the harmful substances.

What type of smoker are you?

Habitual

Is habit keeping me smoking?

Smoking can also be connected with certain things you do:

- watching television
- after a meal
- with a cup of tea or coffee
- speaking on the phone
- after sex
- to have something to put in your mouth
- to have something to do with your hands
- having a drink
- being with certain people

I smoke because...

(Tick one or more of the following)

- I'm addicted to nicotine
- It's a habit
- It helps me cope with stress or concentrate

Most smokers smoke for a variety of reasons but are slightly more one type of smoker than the other types.

Psychological Addiction

Are coping with stress or to concentrate my main concerns?

Smoking can be something you do because you feel it may help you deal with stress or to concentrate:

- when you are worried about something
- when you are unhappy
- during or after a row
- when you feel overwhelmed by a situation
- to help you think and concentrate
- when you feel bored
- as a reward

"So much of it's habit isn't it; it's the opening the packet and the extracting your little comforter and lighting it up"

"I was thinking about money and that and it was just like everything was getting on top of me. I feel better when I have a cigarette... they've always helped me like that"

Stopping smoking

Why is it so difficult to stop smoking?

- After smoking a cigarette the nicotine reaches your brain in about six seconds! Nicotine can have the effect of making you feel more relaxed, more alert and give you enjoyment. When you first stop smoking, you may miss these feelings. The good news is that by making other changes to your lifestyle you can again experience these good feelings - more on that later.
- Stopping smoking can also be difficult because of the unpleasant side effects of nicotine withdrawal or the fear of the thought of these. These can include headaches, feeling irritable and a craving for nicotine. See pages 21 - 23 for information on coping with these side effects.
- People may also find that the ritual of smoking is difficult to break. When you stop, you may lose:
 - » the pleasure of lighting up and holding the cigarette
 - » the welcome break from work
 - » the "time out" for yourself from other people e.g. young children
 - » a way of coping with stressful situations. See pages 25-27 for more information on coping with stress.

What will I have to do to stop?

1. You have to know why you want to stop.
2. You must want to stop.
3. You need to beat the nicotine addiction - but remember, physical withdrawal symptoms are not permanent, they will stop in time.
4. You have to beat the habit, that is, stop connecting smoking with certain things. See pages 14-20 on stopping.
5. If you smoke to relieve stress, you need to find other ways of coping with stress. See pages 25-27 on relaxation.
6. You need time to prepare to stop.
7. Finally, you may need personal support. See pages 41-42 for information.

"I seem to spend my life caring for others in one form or another and to be able to have my cigarette gave me a reason to take time out and be able to sit and do nothing"

Stopping

The different stages of stopping

What stages do I go through when I stop smoking?

Stopping smoking is a process which involves different stages.

Stage One - Thinking

If you're at this stage, you may be anxious about smoking but haven't yet decided to stop. You may have been at this "thinking" stage for a long time, maybe even years, thinking about the good things and the not so good things about smoking.

Stage Two - Preparing

Preparing to change means thinking about how you are going to manage - who will help you, what cigarettes will be most difficult for you to give up, etc. This is an important stage because the more you have thought about how you will cope, the more likely you will be able to do so.

Stage Three - Changing

At this stage you actually make some changes to your smoking behaviour. This might mean stopping smoking completely or else cutting out the cigarettes which you don't particularly enjoy, as a first step towards stopping completely. [However, this Stopping approach is not recommended. see more details on this later

Stage Four - Staying changed

The next stage is keeping the changes going. If you are able to keep on track for long enough you may start thinking of yourself as a non-smoker.

Stage Five - Slipping back

Many people do find themselves smoking again. This is very normal. On average it takes four or five attempts to stop smoking - some people take more than that. However, research shows that the more times you try to stop, or by using more intensive stop smoking services you go to (groups/1:1 with medication) the more likely you are to succeed.

What stage do you think you are at now? Have you been at other stages before?

What stage I am at and why

Thinking about stopping

Tell me more about the "thinking" stage.

You might find it helpful to note down all the advantages and disadvantages of stopping smoking. You may be surprised at how many advantages you can come up with. Reasons other people have given include:

- feeling healthier - having fewer colds, coughs and chest infections.
- having fewer sore throats, less catarrh, being less breathless.
- having more energy.
- reducing the risk of serious illness from smoking e.g. heart disease, lung cancer, bronchitis.
- waking up in the morning without a "smoker's hangover".
- improving the health of their children and other people living with them.
- making it less likely that their children will smoke.
- saving money (see page 40 for the cost of smoking).
- not having to worry about being in places where they aren't allowed to smoke.
- knowing that smoking doesn't control them any more.
- knowing that they don't smell of smoke.
- enjoying their food more.
- younger looking skin.
- whiter teeth and fresher breath.
- family and friends stop nagging.

"..... I haven't smoked for eight years and now rarely get colds, catarrh or coughs"

Try writing down your own list of advantages and disadvantages in stopping smoking. This list can help you decide if you are ready to stop.

Advantages for me in stopping

--

Disadvantages of stopping

--

Preparing to stop

I've thought about it; now how do I prepare?

When you are preparing to stop smoking you'll need to ask yourself some questions. The answers will help you plan how to stop.

Who will give me support?

Knowing who you can use for support is important. Often family and friends can help, or you may want to see a health worker or join a group run by a stop smoking adviser. One advantage of joining a group is that you can share experiences with other group members and learn from these. Information on support available in your local area is given at the end of this guide.

It's a good idea to tell your family, friends and people you work with that you are planning to stop smoking. Hopefully they will be understanding and patient with any irritability or anxiety you experience. Sometimes anxiety is more about how you will cope when someone smokes around you. It might help to ask people not to smoke in front of you. They may even consider giving up with you.

What kind of smoker am I ?

If you are planning to give up smoking, it helps to be aware of what situations you smoke in. Keeping a smoking diary for several days can help you find out whether you are addicted to nicotine or whether you smoke mainly because of habit or to help you cope with stress or concentrate. Being aware of when you smoke can make it easier to plan how you are going to stop and when the most difficult times are likely to be.

AN EXAMPLE OF A SMOKING DIARY

Time of cigarette	What I was doing	How I was feeling	On a scale of 0-10 How much did I enjoy it? 0 = not at all, 10 = very much
8.00am	Lying in bed		Yes 8
8.30am	Fixing breakfast for the kids	Fed up	No 1
10.00am	On the phone		Yes 5
10.10am	After the phone call	Angry	Yes 7

Preparing to stop

What will be the most difficult cigarettes to give up ?

Now you have your own smoking diary you have an idea about why you smoke.

If you smoke mainly because of nicotine addiction, you may want to try using nicotine replacement therapies (NRT). These help you cope with nicotine withdrawal and double your chances of stopping. Nicotine replacement therapies are available on NHS prescription. See pages 33-37 for more information.

You may consider trying the drug Zyban (Bupropion) or Champix (Varenicline) which can also help you deal with nicotine withdrawal symptoms and make it easier for you to stop. See pages 37-39 for more information. Remember that nicotine cravings only last for a few minutes at a time. If you can get through that time, the craving will disappear. Concentrating on deep breathing to relax can also help. See pages 25-26. Eating something sweet but healthy such as fruit can be another help.

If you smoke mainly out of habit, for example, when you are at the pub, maybe you could spend less time going to the pub, just for a while until you get used to not smoking.

If you smoke to have something to do with your hands, you could try fiddling with beads or a stress ball. If you

smoke when you're on the phone, you could use a pad to doodle on or hold the phone with your other hand!

After a meal, instead of lighting a cigarette, you could move to another room or find something else to do immediately after you have finished eating. Try making a list of things you could do at different times instead of smoking.

Relax

How will I manage to relax without a cigarette ?

If you smoke to relieve stress, try learning how to breathe deeply without a cigarette. Breathing deeply helps to calm you down but quick, shallow breathing makes you more anxious.

A short relaxation exercise (see page 26) can help you feel more relaxed generally, especially if you can do this every day.

Relaxation may seem strange at first but it can be a very pleasant experience if you can find some time out for yourself. With practice, relaxation becomes easier.

Preparing to stop

Try noting down what sort of support you could get to stop smoking:

What about support? Who can help me?

Support is a personal thing - it has to be something that you think will work for you. See pages 41-42 for information on local support.

Who will give me support?

What will be the easiest cigarette to give up?

What will be the most difficult cigarette to give up?

How I can cope without these or what can I substitute for these?

Stopping

I'm ready to make changes; what now?

Remember that the more you want to stop, the easier it will be.

Should I just stop or cut down?

The best thing to do is just to stop. The problem with cutting down is that you will not get rid of the nicotine craving and may find yourself simply longing for the cigarettes you have not cut out, inhaling them more deeply and taking more puffs to get the same amount of nicotine. You will also experience withdrawal symptoms during the cutting down period as well as the period after stopping.

There is no safe level of cigarettes. Obviously if you are a 60+ per day smoker and can cut down, for example, to 10 per day, that is a huge improvement. But it will probably be easier in the long term just to decide to stop altogether.

Remember that once you've stopped, you will have the satisfaction of knowing that smoking doesn't control you any more.

"I looked at my nicotine stained fingers and said 'enough!'"

"When I had the flu, I hated smoking and when the flu cleared up, I just stayed off the weed."

"...I stopped just like that. A case of mind over matter. Had two girls and needed cash for other things. They don't smoke and neither do I."

Stopping

When you are ready to stop try the following tips:

Set a quit date. Try not to pick a particularly difficult day e.g. the day of a job interview or a party. Decide whether you want to tell people you are trying to stop.

- If you can, ask people not to smoke in front of you.
- If you live with smokers, agree a "smoke free" zone at home e.g. your bedroom and kitchen.
- Take it a day at a time.
- Keep telling yourself that if you can get through one day without cigarettes then you are a day closer to becoming an ex-smoker.
- Try to imagine yourself as a non-smoker.
- Make a list of reasons why you want to stop and carry it round with you - look at it regularly, especially in situations where you may be tempted to smoke, e.g. when leaving work.
- Practice a relaxation technique. See pages 25-27.
- Say "I don't smoke" when offered a cigarette.
- Find something else to do with your hands, e.g. do a crossword, texting.

"...Sometimes I'd look at the clock and a couple of hours had gone by and I'd feel really good and I'd not had a cigarette, and before long from the hourly situation it became a daily thing and I hadn't had a cigarette all day..."

"...I kept playing with a big piece of blu tac using it like worry beads every time I felt like lighting up"

Stopping

If you think it will help, for a while avoid any places where you are more likely to smoke, for example outside the office or pub. If possible, avoid for a while any people who might make it difficult for you even though they know you are trying to stop.

- Take some exercise, e.g. swimming, walking.

"...I booked a holiday to Majorca; the money saved by not buying cigarettes paid for my two weeks abroad"

Exercise can:

- make you more mentally "switched on"
- make you less anxious and depressed, and more relaxed
- help you cope better with stress
- help prevent weight gain sometimes associated with stopping smoking
- improve your general health

Helpful Tips:

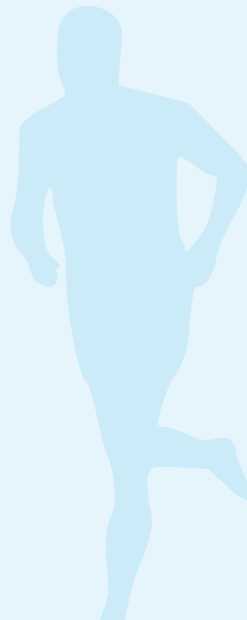
- Avoid drinking tea or coffee if you associate these with smoking.
- Brush your teeth - a clean tasting mouth means you are less likely to want a cigarette.

- Drink plenty of water or fruit juices
- - liquids help to get rid of the chemicals in cigarettes and make your mouth clean.
- Sweet foods can help reduce nicotine cravings - try sugar-free chewing gum or glucose tablets (available from your chemist) rather than chocolate or sweets.

"... Sucking sugar-free sweets helped me. I was never without a packet in my pocket. Whenever I had the craving, I sucked one and it took the craving away..."

- Put aside the money you have saved from giving up and buy yourself a treat from time to time.

"...going jogging every day. Believe me, when you're gasping for breath, you're not gasping for a smoke"



Stopping

Coping with nicotine cravings

Whether or not you are taking nicotine replacement therapy (NRT), Zyban (Bupropion) or Champix (Varenicline), you may experience some nicotine cravings. To help you cope with these you could try some of the following suggestions:

- phoning a friend
- having a shower
- eating something
- sitting down and concentrating on breathing deeply to relax you
- working out all the money you have saved from not smoking
- looking at your list of reasons for stopping smoking
- having a large drink of cold water or fruit juice
- peel and eat an orange or a tangerine

Remember that these cravings only last for a few minutes and they normally pass if you distract yourself

My own tips for stopping:

My own tips for coping with nicotine cravings:

Stopping

Being Assertive

You may find that you spend a lot of time with other smokers, whether it's in each other's homes or outside. One of the things it's helpful to think about when you are trying to quit is how you are going to cope when you are with people who smoke. What can often happen is that someone offers you a cigarette, or even just a puff of one, which you think you will be able to accept without going back to smoking again. What is most likely to happen is that very soon you will find yourself smoking as much as you did before.

If your friends and family smoke and know that you are trying to give up, they may be wondering the following things:

- Will you still want to be friends with them once you have stopped smoking?
- Will you start complaining about when and where they smoke?
- Will you make them feel guilty about the fact that they still smoke?
- Will you nag them about their smoking?
- Would they also like to stop smoking but don't have the confidence to try?

It can be helpful to understand what the people close to you may be feeling about you trying to give up smoking. These feelings can sometimes make smokers try to persuade you to take a cigarette.

Here are some things that you can do when you are in this situation:

Say 'no thank you' politely but firmly. The more often you say this, the easier it should become.

Explain why you are trying to give up but don't be tempted to get into a discussion about the reasons.

Try to keep your voice calm and confident. Shouting or becoming angry won't help.

Stopping

Being Assertive

Sometimes people practice in front of a mirror saying 'no thank you' or 'I don't smoke'. If you are with people you don't know, it is probably easier to say 'I don't smoke' rather than 'I've just given up'. This is because if they believe you have never smoked (or have given up a while ago) they are less likely to tempt you to have just one cigarette.

If you feel it is going to be too hard to be around some smokers, you could always consider keeping away from them for a while, until you are finding it easier not to smoke. You may want to explain this to people in advance. Remember that this will not be for ever, maybe only for several weeks.

If you live with smokers, you may decide to ask them not to smoke in certain rooms so that you have somewhere to go which will be less smoky. You may also want to ask people not to smoke in your car.

Some of these suggestions may be difficult for you to do but remember:

YOU HAVE THE RIGHT TO DO WHATEVER IT TAKES TO MAKE GIVING UP SMOKING EASIER FOR YOU AND MOST SMOKERS WANT TO HELP YOU... THEY MAY HOPE THAT IF YOU SUCCEED THEY MAY BE NEXT.



Stopping

Thinking Positively

Learning to think of yourself as a non-smoker.

Let your eyes close.

Take a few moments to relax and let yourself become aware of your breathing. Notice how you breathe in and out in your own unique way, and think about how this happens all day long without you having to work at it.

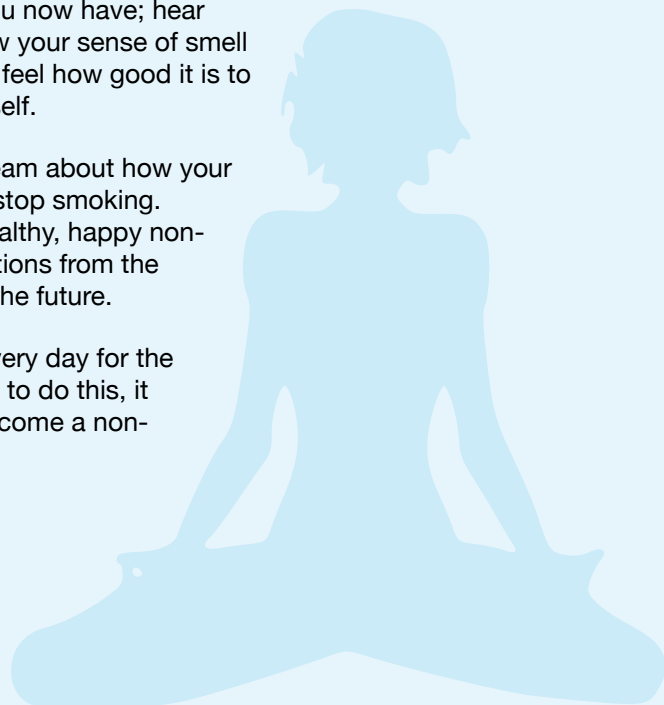
Now imagine that you are standing in front of a full length mirror. Imagine yourself as a healthy non-smoker in the mirror, just as if there is another you standing in the mirror facing you. Make this the most healthy, wonderful, non-smoking you that you can imagine. Make the colours you see even stronger and brighter.

Take a moment to feel completely happy with your future non-smoking self. Look at the way your nonsmoking self stands, breathes easily, smiles, walks and talks. Notice how the non-smoking you behaves with other people. Notice how the nonsmoking you copes with life's challenges and problems. See how the non-smoking you achieves what you want to achieve.

Now, step into your non-smoking self. See through those bright clear eyes that you now have; hear through those ears; notice how your sense of smell and taste have improved, and feel how good it is to live life as your non-smoking self.

Take a moment now to daydream about how your life will be different when you stop smoking. Imagine yourself living as a healthy, happy non-smoker in lots of real life situations from the past, from the present and in the future.

Try to practice this exercise every day for the next six weeks. If you manage to do this, it should help you to actually become a non-smoker.



Stopping

What happens when you stop smoking?

You are likely to feel some change when you stop - most smokers do. This is because of the withdrawal of nicotine, the addictive part of the cigarette. However, nicotine is usually out of the body two or three days after stopping.

What happens to the mind

This can vary from person to person. Things that can happen include feelings of frustration, anger, panic and boredom. If you can keep thinking about the good things about not smoking, this will help you. Remember that a big bonus about stopping is that smoking will no longer control you - you will now be in control.

What happens to the body

The "symptoms" in the following column are ones you may experience when you give up smoking. However, although they are unpleasant at the time, they all mean that your body is beginning to recover from smoking. The other bit of good news is that all of these "symptoms" will probably only last for a short time. Hang in there! They will disappear.

Anxiety

This may start just before your quit date and may last for the first three to four weeks. After that it should lessen considerably.

What you can do

Try taking it a day at a time and practice relaxation techniques.

Craving for tobacco

This is worst during the first week or two then begins to lessen over the next weeks. Cravings tend to last several minutes. They can be more frequent in the evening than in the morning. You may experience nicotine cravings for quite a long period after you stop smoking, even though nicotine itself is removed from your body. After several weeks these cravings will become less frequent as gradually your body becomes used to not having nicotine in it.

What you can do

It can help to have a plan to deal with these cravings, e.g. a relaxation technique, exercise, deep breathing, talking yourself through it, phoning someone who will understand, chewing gum, brushing your teeth, eating some fruit, taking a shower.

Stopping

What happens when you stop smoking?

Sense of loss

Giving up something that has been a part of your life, maybe for a very long time, can make you feel sad. This is normal.

What you can do

It can help instead to think of the good things about stopping, e.g. being able to enjoy your food more, having more energy, your children being less likely to start smoking. Keep looking at your list of benefits from stopping.

Increased coughing

When you stop smoking, your lungs start getting rid of all the mucus which has gathered and a cough may develop. This will go away after a few weeks.

What you can do

If a tickle or soreness of the throat develops, sucking sugar-free sweets or getting a soothing lozenge from the chemist can help.

Headaches

This is one of the more unpleasant symptoms you may have. If you have been a heavy smoker, your brain will react to having its nicotine supply removed. Normally the headaches become less severe each day and will have disappeared within a week.

What you can do

If possible, try to stay in a quiet, relaxed atmosphere and avoid eyestrain from reading or watching television. Try to practise relaxation techniques. Going to bed early will also help.

Light-headedness/dizziness

More oxygen gets to the brain when you stop smoking and can cause a light-headed feeling. However, this shouldn't last long.

Irritability

You may find yourself feeling irritable for a while after stopping smoking. This could be due to cravings, worrying about how you'll cope without cigarettes or a general sense of loss at giving up something you enjoyed.

What you can do

Using a relaxation technique can help, or doing something relaxing like gardening or listening to soft music. Taking some exercise can also help you feel more relaxed. It can be helpful to warn family and friends that this may be difficult for you.

Stopping

What happens when you stop smoking?

Lack of concentration

This problem usually goes away after a couple of weeks. What you can do - if you work, try to take frequent short breaks, if possible - perhaps go outside into fresh air, if you can. Try shrugging your shoulders and rotating your head and neck or closing your eyes and taking a few deep breaths.

Sleep problems

You may have difficulty in sleeping or feel extremely tired. This could be due to changes to nicotine levels but it should only be temporary.

What you can do

Practicing a relaxation technique can help. Having a warm bath before you go to bed, or a warm, milky drink or reading can also help. Taking more exercise during the daytime may also help.

Weight gain

See pages 30-31



Dealing with stress

Breathing and relaxation

Many people feel that smoking is a relaxing experience - this may partly be due to the fact that when you draw on a cigarette you breathe deeply.

If you can learn to breathe deeply without a cigarette then you'll be able to relax without needing that cigarette. Once you are able to do that, then stopping smoking should become easier. During the difficult times when you have a craving for nicotine, concentrating on your breathing can help you until the craving has passed.

Any relaxation technique will include deep breathing. The more often you practise, the calmer and more relaxed you will feel. You may already have some experience of relaxation, e.g. from a tape or a class. A health project near you may run relaxation classes which you can attend.

Below is a quick way of coping with tension for situations which you find stressful, e.g. answering the telephone or knowing something difficult is about to happen.

Quick technique

1. Stop what you are doing.
2. Breathe in through your nose.
3. Breathe out through your mouth, dropping your jaw and shoulders, and relaxing your forehead.
4. Relax your hands
5. Repeat this 4 or 5 times, trying to take longer to breathe in and out.

This exercise is best done sitting in a chair, if possible one which supports your back. Place your feet flat on the floor and rest your hands on your lap.

Dealing with stress

Breathing and relaxation

A good way of reminding yourself to breathe deeply is to stick some coloured dots around your house, e.g. on the fridge, on a mirror, on a door. Every time you see a dot, take three deep breaths. Every few weeks, change the colour of the dots and where you stick them, so that you continue to notice them and are reminded to breathe deeply.

Other ways of dealing with stress

Laughter

People say that laughter is the best medicine. Laughing helps your body get rid of stress. Try renting a video or DVD that makes you laugh or record a funny television programme and play it when you are feeling stressed. Or try phoning a friend who makes you laugh.

Here are some more suggestions which might help you reduce the amount of stress in your life or cope with it better:

- getting enough sleep.
- making some time for yourself each day, if possible.
- trying to eat healthily.
- talking to somebody you trust.
- asking for help from others in difficult times.
- saying "no" to something you can't do.
- taking some exercise, for example, brisk walking, swimming.
- listening to relaxing music.



Other ways of using tobacco

Cannabis

Smoking cannabis can cause chest and lung problems e.g. bronchitis and some cancers, including lung cancer. It can also cause heart disease. This is because all burning leaves produce tar, carbon monoxide and other gases which are harmful to health. It can also contribute towards mental health problems such as schizophrenia and depression.

If you are getting help to stop smoking, it is a good idea to let the health worker know that you also smoke cannabis. Discussions can be confidential at the end of stop smoking group sessions.

Paan

Chewing betel quid or paan (which consists of betel leaf, areca nut, lime) is harmful, whether or not tobacco has been added. It can cause cancer of the lip, tongue and other parts of the mouth. The more tobacco you add, and the longer the paan is in your mouth, the more harm it can cause. It is particularly harmful to keep the paan in your mouth overnight.

It is best if you can stop using paan completely. But if you can't do that, try the following:

- cut down the amount of tobacco you add to it, or don't add any.
- remove the paan from your mouth before you go to bed at night.
- eat plenty of fresh fruit and vegetables every day.

The Minority Ethnic Health Inclusion Project can give you support to stop using paan. Their telephone number is:

0131 537 7565

Support

Aids to help you stop

Nicotine replacement therapies (also known as NRT)

General information

Nicotine replacement therapies are products which contain nicotine in smaller doses than in cigarettes but without the other 4,200 substances found in cigarettes. Many of which are dangerous, especially tar and carbon monoxide. Nicotine replacement therapy can reduce some of the withdrawal symptoms experienced from giving up smoking. They are available on NHS prescription and the only cost is the monthly prescription charge. Alternatively they can be bought over the counter in some shops. The weekly cost is usually about the same as the cost of a week's supply of cigarettes.

The products work by giving a low blood nicotine level, either as a constant steady dose or an 'intermittent' dose if wanted. They do not replace the 'kick' of a cigarette, because the nicotine from these products is only equivalent to about a third of the amount found in a cigarette. Also, the nicotine takes longer to reach the brain. However, the smaller dose over a longer period may lessen your craving.

Nicotine replacement therapies are most likely to help you if you are a smoker who is keen to stop. They can especially help if you:

- smoke immediately on waking.
- smoke more than 20 cigarettes a day (although different products and strengths are available for those who smoke less).
- have experienced nicotine withdrawal symptoms when trying to stop in the past.

It is also more likely to help you if you are receiving group or individual support to stop smoking from a health worker or NHS Lothian Stop Smoking Services.

Please note, you should not smoke while using any nicotine replacement therapy product. The reason for this is that too much nicotine can be harmful. Although some nicotine replacement products are now licensed for use when cutting down to quit, the current evidence is that cutting down doesn't work. It is better to stop completely. When you are ready to stop, if you want to take NRT, you can join NHS Lothian Stop Smoking Services to help you be more successful in stopping smoking.

Nicotine Replacement Therapy will not stop you smoking but will make it much easier to do so.

Nicotine replacement therapies will double your chances of successfully stopping smoking.

Support

Aids to help you stop

Details on maximum doses are available on the product information leaflet contained in the pack.

You should always discuss taking NRT with your pharmacist or stop smoking adviser as there are some medical conditions in which NRT needs to be discussed before use. Some examples are ongoing indigestion, chest pains, heart or circulation problems, high blood pressure, recent stroke, psoriasis or other skin problems.

Your pharmacist or stop smoking adviser will be able to advise you on the appropriate type and strength which would be most suitable for you, and appropriate quantities to use.

What kind of products are there?

Nicotine replacement patches (Nicorette, Nicotinell, NiQuitin CQ)

These are patches which are stuck on to the upper parts of the body, ie arm, chest, or back. You absorb the nicotine in them through your skin. The patches can be worn for either 16 hours or 24 hours and the patch is replaced by a new one every day.

Possible side effects

- disturbed sleep.
- vivid dreams (unlikely with the 16 hour patch).
- skin reactions – pharmacists can give advice on how to deal with these.
- nausea (possibly because the dose is too high).
- itching (avoided by replacing with a new patch on different part of skin).

Nicotine replacement gum (Nicorette, Nicotinell, NiQuitin CQ)

You absorb the nicotine from this gum through the lining of your mouth. Gum is available in different strengths and flavours depending on brand. It does not taste like ordinary chewing gum and it is used differently. The recommended number of pieces per day depends on the brand used. Your

Support

Aids to help you stop

pharmacist or stop smoking adviser will be able to advise you how to use the gum correctly. The gum should be used for at least three months, ideally before a nicotine craving. After this you should gradually reduce the amount. This is easier if you swap it with chewing gum.

The gum will help if it is used regularly before cravings occur. Very occasionally users can find it difficult to stop using the gum. If you experience problems reducing the dose, your pharmacist or stop smoking adviser can give you advice.

Possible side effects

- mild jaw ache (may be difficult to use if you have dentures)
- indigestion – especially if you chew the gum too much
- can lead to gum problems but is not linked with cancer
- sore throat, headache, dizziness and nausea – tend to disappear after a few days
- palpitations, chest pains or bad indigestion – if you experience any of these, you should stop using the gum and see your GP

Inhalator (Nicorette)

This looks a bit like a cigarette holder or a pen. It uses a small nicotine container to give you short bursts of nicotine which you absorb through

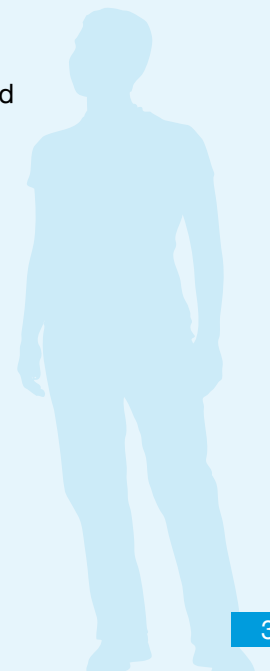
your mouth and throat. This kind of nicotine replacement therapy can be helpful if you are the sort of smoker who enjoys the physical action of smoking as the inhalator is lifted from hand to mouth and sucked. It allows the nicotine quantities to be gradually reduced over a few months. It works more quickly than patches or gum but needs a bit of practice to get used to.

Each nicotine cartridge lasts for about 20 minutes. Your pharmacist or stop smoking adviser will advise you on quantities to use.

If you are under 18, you should check with your, pharmacist or stop smoking adviser before using this.

Possible side effects

- cough
- irritation of the throat and mouth



Support

Aids to help you stop

Nicotine Nasal Spray (Nicorette)

This gives fast relief if you are a heavy smoker. The maximum treatment period is three months.

If you are taking any medication check with your pharmacist before using the spray.

Possible side effects

- Headaches, dizziness, nasal irritation at first, damage to the lining of the nose.

Microtab (Nicorette)

These are tablets which dissolve under your tongue over about 20-30 minutes.

Possible side effects

- Hiccups, irritation and soreness of the mouth or throat, nausea and heartburn.

Lozenge (Nicotinell, NiQuitin CQ)

This is sucked then put between your gum and cheek to dissolve. Your pharmacist or stop smoking adviser can advise you on which strength to take and how many to take.

Possible side effects

- Sore throat, headaches, dizziness and nausea – tend to disappear after a few days.

Also

- Palpitations, chest pains or bad indigestion – if you experience any of these you should stop using the lozenge and see your GP.

All nicotine products have the same success rate. It's up to you to decide what you think will work best for you. Whatever kind of nicotine replacement therapy you want to try, you should talk this over first with your pharmacist or a stop smoking adviser, to get advice on the product for your needs.



Support

Aids to help you stop

I am pregnant – can I use nicotine replacement therapy?

NRT can be prescribed to pregnant women. Discuss your situation with your midwife, obstetrician, GP or stop smoking adviser who may prescribe it for you. Although NRT carries a small risk, it is safer to use it than to continue to smoke, both for you and your baby.

The nicotine lozenges, tablets (Microtabs) and gum are the most suitable forms of NRT if you are pregnant. If you are experiencing nausea, however, the 16 hour nicotine patch would be the next most suitable form of NRT. Whether or not you do use NRT, the earlier in your pregnancy that you stop smoking, the better it is for your baby.

I am breastfeeding – can I use nicotine replacement therapy?

Yes, you can. The risk of the small amount of nicotine in the product is very small.

I am under 18 – can I use nicotine replacement therapy?

If you are addicted to nicotine and very keen to stop smoking, nicotine replacement therapy can be prescribed for you.

Whichever of these products you use, you are more likely to be successful in stopping smoking if you also receive some support from a stop smoking adviser.

Zyban (Bupropion) and Champix (Varenicline)

These are two separate drugs which can help you to stop smoking by reducing the cravings and withdrawal symptoms associated with quitting smoking. They are available on NHS prescription from your GP. For them to work it is important that at the same time you are taking the drug, you are receiving support from a stop smoking adviser who is a part of NHS Lothian's Stop Smoking Services. This can be on your own or as part of a group.

They are effective drugs but it is extremely important that you discuss your medical situation, including any medication you are on, with your GP or stop smoking adviser before taking these drugs.

How do I take Zyban?

Zyban should be started while you are still smoking and a quit date should be set for the second week that you are on the drug. The recommended dose is 150mg (one tablet) once a day for six days; and after that 150mg twice a day for a maximum period of 60 days. (If you are over 60 or have health issues you may be prescribed a smaller dose). You should leave a gap of at least eight hours between the two tablets and you should take the drug for the full two months unless any side effects make it too difficult for you to do so.

Support

Aids to help you stop

Side effects which Zyban can cause include:

*difficulty in sleeping, *sweating, *anxiety, dry mouth, *dizziness, headaches, depression, seizure, nausea and vomiting, abdominal pain, constipation, skin problems e.g. itching, rash, difficulty in concentrating, changes in taste sensations.

**are symptoms which can also be caused by nicotine withdrawal*

In what situations should Zyban NOT be used?

Zyban is not suitable if you have any of the following:

- current seizure disorder or any history of seizures (fits).
- diabetes treated with oral hypoglycaemic drugs or insulin.
- current or previous diagnosis of bulimia or anorexia (eating disorders).
- tumour of the central nervous system.
- major depressive disorders.
- manic depression or other bipolar disease.
- severe hepatic cirrhosis.
- history of head trauma.

or if you are:

- pregnant or breastfeeding.
- under 18.

Zyban is also not suitable for people taking certain drugs or medicines.

How do I take Champix?

Champix is started while you are still smoking and a quit date should be set for the second week that you are on the drug.

The recommended dose is built up over the first week and the usual course of treatment is 12 weeks.

Side effects which Champix can cause include:

Nausea and occasionally *insomnia, abnormal dreams, headaches, *increased appetite, *dizziness, fatigue and flatulence.

Other side effect are being monitored as with any new medication. The full list of interactions with other drugs are unknown. A safety warning on Champix has been issued in the USA, and the situation in the UK and Europe is currently being monitored. If you are taking this drug, and have any side effects, tell your stop smoking adviser who will report this to the drug manufacturer.

Support

Aids to help you stop

In what situations should Champix NOT be used?

The products are not licensed for the following categories of smokers. It may be possible for them to be prescribed in reduced doses by a GP who will review them regularly.

- severe renal impairment
- the elderly
- psychiatric illness

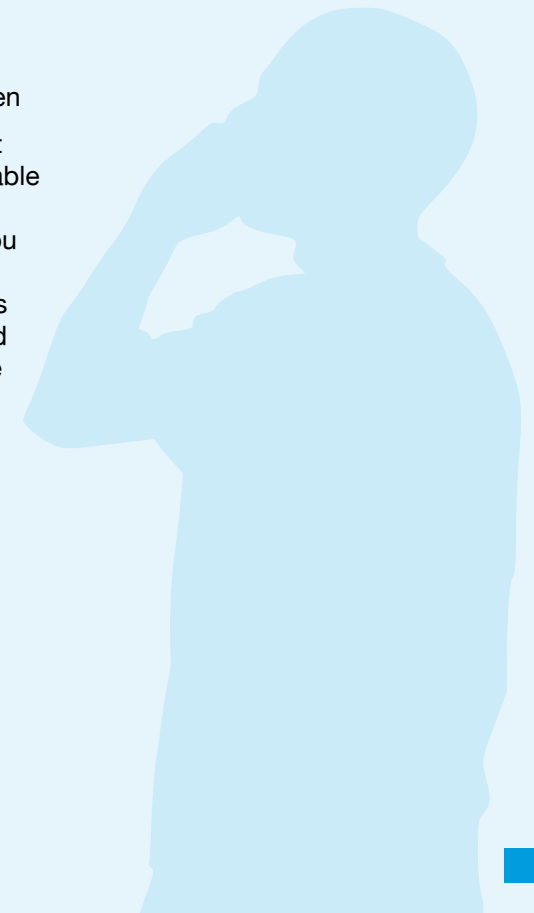
It should not be prescribed to:

- under 18s
- pregnant or breastfeeding women

As it is a new drug, as people use it more, it may be found to be unsuitable for people with other illnesses or taking other drugs or medicines. You should check with your GP or stop smoking adviser. You should always read the information sheet enclosed with the tablets before you start the medication.

Other Aids

There is currently a lack of evidence showing that hypnotherapy, laser therapy and acupuncture help smokers to stop. This is also the case for herbal or dummy cigarettes or electronic cigarettes or filters, none of which are safe alternatives to cigarettes. NHS Stop Smoking Services cannot endorse these products because of a lack of evidence about their effectiveness.



Support

Aids to help you stop

Cost of cigarettes

	5	10	15	20	25	30	35	40
Daily	£1.25	£2.50	£3.75	£5.00	£6.25	£7.50	£8.75	£10.00
Weekly	£8.75	£17.50	£26.25	£35.00	£43.75	£52.50	£61.25	£70.00
Monthly	£38.00	£76.00	£114	£152	£190	£228	£266	£304
Yearly	£465	£913	£1369	£1825	£2281	£2738	£3194	£3650

- based on a price of £5.00 on a pack of 20 cigarettes
- The figures do not allow for inflation or increase in duty - so the real cost is likely to be a great deal higher.

Once you've calculated how much you spend on cigarettes in a week why not think what you could do with the money instead. Maybe you could buy some perfume or aftershave, a new blouse or shirt or treat yourself to a nice meal out.

Support

Additional Support

What other support is available?

You may feel you need extra help to stop smoking. There are different kinds of support available.

Support from your health centre

Most health centres in your local area now provide support to smokers wanting to stop, such as:

1. Stop smoking groups

These normally meet every week for seven weeks, sometimes longer, and last for about an hour. At this group you will be able to get ideas about how to stop smoking and how to cope with any problems when you do stop. People often find going to groups helpful because they are with other smokers who are trying to stop and they can give each other support.

"Being in a group with other people struggling with not smoking was very, very good and I 'lived' for these meetings."

2. Individual support

You can receive help to stop smoking from a stop smoking adviser. The stop smoking adviser will see you every week or fortnight for several months, sometimes longer. He/she will give you advice on how to stop smoking and help you deal with any problems that you may have when you do stop.

"The best thing was not being dictated to, made to feel human and made to feel good when doing well. It was also good to meet others with the same worries and questions."

"Knowing you were going to see someone every week helped to keep you going."

"I found the nurse very easy to talk to and extremely supportive."

"I feel great. I now can't stand the smell of cigs, they make me feel sick. I couldn't have done it without the patches and my doctor."

For information about support, please see next page. There is no charge for these services.

Support

Additional Support

West Lothian

01506 651 829

Mid & East Lothian

0131 537 9914

North West Edinburgh

0131 336 0979

North East Edinburgh

0131 536 6247

South West Edinburgh

0131 537 7447

South Central Edinburgh

0131 536 9759

South East Edinburgh

0131 672 9532

Pregnant women in Edinburgh

0131 672 9533

Young people in Edinburgh

0131 536 6247

Young people in West Lothian

01506 445 566

Do not worry if you are unsure which number to call – any of the above numbers will deal with your enquiry.

Stop smoking services for pregnant women and young people are also available in the rest of Lothian - please ring the area numbers to the left for details.

Community Pharmacists also offer stop smoking support throughout Lothian.

- LGBT community throughout Lothian: **LGBT Centre for Health & Wellbeing 0131 523 1100** or **0131 558 9444**
- **Smokeline 0800 84 84 84** telephone support between sessions support in over 100 languages available. They can also provide details of local stop smoking services
- **www.canstopsmoking.com**
- **www.nhslothian.scot.nhs.uk** – click on link 'stop together stop for good' at bottom of 'home page' for stop smoking services

Slipping

Going back to smoking

How can I prevent myself slipping back to smoking again?

- Find someone you can talk to when you are really struggling to stay stopped.
- Try to avoid any difficult situations where you might be tempted to smoke, or people who might make it difficult for you to stop.
- Plan how you are going to manage without a cigarette in difficult situations which you can't avoid.
- Keep looking at your list of benefits from stopping smoking.
- Keep thinking about any improvements in your health you have felt since stopping.
- Tell yourself how good it is not to have to worry about being in non-smoking places because you don't smoke any more.
- Remind yourself that you are now in control, not the cigarettes!
- Put aside the money you have saved from smoking and count it from time to time. Better still, buy yourself a treat.

What if I do go back to smoking again?

It is very normal for people not to succeed the first few times they try to stop smoking.

Try to think of yourself as a success for attempting to stop, not a failure because you didn't manage to succeed this time. Also remember that each time you try it should become easier as you have previous experience to learn from.

"I had tried unsuccessfully for a number of years to stop smoking, with the use of patches which were the most successful but I always returned to smoking. I firmly believe I managed it finally with the enormous encouragement and help I received from my practice nurse. Through her help and guidance I am now a non-smoker."

Slipping

Going back to smoking

Relapse after leaving hospital

If you have recently been in hospital and managed to stop while you were ill, you may find that once you get home from hospital it is more difficult not to smoke. This may be because now you are feeling better, the determination to stop smoking is not so great. The following things can help get that determination back:

- Make a list of all the reasons why it would be better for you to become a non-smoker.
- Think about who can give you support. If you have not been referred to a health worker for support to stop smoking, you might want to contact your health centre to see if any help is available for you at your practice.
- Start putting aside all the money you are saving from not smoking. You might want to buy yourself a treat with this money.
- Think about what will be the most difficult times and situations and plan how you will cope with these. This may be about avoiding certain people or planning what you will do if you are offered a cigarette. See the section on assertiveness on page 18-19.
- Practice some kind of relaxation. See page 26.
- If you are able to, do some exercise. This might be a brisk walk or going for a swim. See Page 16 about the benefits of exercise.

Reasons for relapse

"Pressure at work and my mum died last summer and Christmas was the first year without her and that started me smoking again."

"I had cigarettes in the house. Thought I could just have one or two."

"I stopped for five months and was doing OK. On a holiday up the Highlands the bus stopped at shops and standing outside this chap came out and lit up a cigarette. The joy on his face was too much for me and I begged a cigarette from him. I thoroughly enjoyed it and afterwards felt ashamed. But I became a secret smoker for a while but didn't fool my wife. I now smoke regularly."

"Stopped for 12 weeks but unfortunately got caught in the social side. My husband, two friends, daughter and son all smoke so found the temptation too much and I always feel smokers try to coax you and the willpower goes."

Slipping

Going back to smoking

Below are some reasons why you may start to smoke again:

- not understanding why you smoke.
- not planning how to cope with stopping.
- finding it difficult to put up with withdrawal symptoms. See pages 21-23.
- thinking that "just one cigarette" will be OK - even one puff of a cigarette could re-addict you psychologically and physically. It takes 3-4 weeks for nicotine brain receptors to go dormant. Even a puff of a cigarette starts to re-awaken the nicotine brain receptors, making the smoker at risk of going back to regular smoking.
- using stress or weight gain as a reason to start smoking again.
- having a bad day or a crisis and believing that a cigarette will help.
- feeling tired at the end of the day.
- being influenced to smoke by another smoker.
- stopping smoking to please someone else, not because you want to stop.

Most people need more than one quit attempt before finally stopping. Don't give yourself a hard time if you don't manage to stop at the first attempt or the second.

If you have started to smoke again, it is a good idea to wait a while before trying to stop again. You can spend this time working out exactly why you slipped back to smoking and plan how you could avoid the same situation happening again.

Write down what made you start again.

"If you go back to smoking 20 a day you can start trying again - never feel a failure."

"The most helpful piece of advice received was from a neighbour She told me not to worry if I had a relapse this time because if I really wanted to give up, I would eventually. She had tried many times and eventually succeeded despite getting free cigarettes from working in the tobacco industry."

Slipping

Going back to smoking

Why I started again:

What I could do to prevent such problems next time:

Action Plan

1. What I want to achieve _____

2. When I want to achieve this by _____

3. How I will reward myself when I have achieved it? _____

4. What will I do when tempted to smoke? _____

5. Who can help me when I'm struggling? _____

6. How will I feel when I succeed? _____

Stop Smoking Adviser's name:

Tel:

Appointments				
	Day	Date	Time	Place
1				
2				
3				
4				
5				
6				
7				
8				
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16				

Notes

