

# STOP SMOKING START LIVING



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# **STOP SMOKING START LIVING**

Most smokers say that they would really like to kick the habit<sup>1</sup>. With restrictions on smoking in public places introduced in 2007, even more smokers are trying to quit.

If you are one of these smokers, or a family member or friend of a smoker, this leaflet tells you all you need to know about stopping smoking in Camden.



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# Thinking of Stopping Smoking?

We all need good reasons to make a big change like stopping smoking. The more reasons you have, the more likely you will be to give it a go.

## Secondhand Smoking

Smoke is harmful to everyone. When you breathe in other people's tobacco smoke it gets deep down into your lungs and into every cell in your body. This is called passive or secondhand smoking. This means that when you smoke your friends and family smoke too.

Being in a smoky room for even half an hour can make breathing more difficult and less blood flow through the heart<sup>2</sup>. Even when the smoke disappears, your loved ones are still breathing in the harmful chemicals that stay in the air, sticking to the clothes and furniture.

You might be shocked to hear that anyone exposed to secondhand smoke in the home has a much higher risk of heart and lung disease<sup>3</sup>. Breathing in other people's smoke causes around 8,000 deaths a year among people aged 65 or older and more than 17,000 kids under five go to hospital every year because of smoking related illnesses, like middle-ear infections and asthma<sup>3-4</sup>.

Mums-to-be have twice the reason to be protected from smoke, for their own health and to protect their child from premature birth and miscarriage<sup>5</sup>.

### **And your pet smokes too...**

Your pet also breathes in the smoke in your home. So, they are also exposed to all the chemicals in the cigarette that cause cancer, lung and heart disease<sup>6-7</sup>.

### **One more reason to quit...**

Hundreds of families each year are left without a loved one who has died from breathing in secondhand smoke.

So, for the sake of those around you that you love; your partner, mum and dad, kids, mates and pets, the next time you light up, think hard about whether that little stick is worth the cost.



# Go on Give It a Go!

Mike attended a stop smoking group run by Smokefree Camden. Read about how quitting smoking gave him and his wife, Julie, a new lease on life.

## Mike's Story

*"I went to a stop smoking group a year ago and it was one of the best decisions I've made in my life. I used to smoke about 25 cigs a day. I'd tried to give up in the past but only lasted a few days.*

*The group and the advisor were really supportive. It was good to be able to talk about how you were getting on each week without feeling like you were being judged.*

*I also used a nicotine patch and inhalator. I found the inhalator very useful, especially down the local with my mates, as I really missed the hand-to-mouth motion of smoking.*

*I've noticed so many changes since I've given up. I can breathe better, I've got loads more energy, money and my wife tells me I don't stink anymore!*

*The best thing for me though, is that my*

*daughter Lucy will have her daddy around for longer. I would say to anybody who's thinking of quitting, go for it! If I can stop anyone can!"*

### **Julie's Story**

*"Mike gave up smoking a year ago, and it's been great! His clothing and his breath don't smell of smoke anymore, and I enjoy kissing him more now!*

*Also our house used to smell of cigarette smoke all the time, no amount of cleaning could ever get rid of it! So I think I've saved a fortune in cleaning products since he gave up!*

*My daughter Lucy, who's 10, has also noticed a change in her daddy. She says that he doesn't get tired as quickly when they go for their bike rides together. She also tells him that he smells nicer!*

*One of the best things has been the money we have saved. We've booked a fantastic holiday to Florida this summer, which is something we weren't able to do before.*

*So I would say to anybody who's thinking of giving up smoking, definitely give it a go, you have so much to gain!"*

# Stopping Smoking in Camden

## Giving Up Smoking

Giving up cigarettes can seem like a lonely business, but more than eleven million people in Britain have quit and are now ex-smokers<sup>8</sup>. You could be one of them!

## How Can I Stop Smoking?

The thought of stopping smoking can be daunting, especially if you have been smoking for a large part of your life.

Getting help from a trained stop smoking advisor and using treatments such as Nicotine Replacement Therapy (NRT) will increase your chances of quitting successfully and staying stopped. This is proven<sup>9</sup>.

## What We Offer

The main ingredients to a successful quit attempt are your own determination, support from a trained advisor and medications to help you quit, which will be FREE\* through NHS prescription.

There are different types of support available that you can use through Smokefree Camden, so there should be something to suit everyone.

\*For those eligible for free prescriptions

## **Giving up with other smokers**

Giving up with other smokers in a group can really help you to stay motivated.

Everyone can help each other, as well as getting advice from the experts. This makes it the best way to stop smoking.

The group plans their quit attempt together and after the quit date they talk about the positive changes they have experienced along with the difficulties. Most people who come to a group say that they could not have quit without the support that they got.

Groups run each week for an hour, over a period of seven weeks and are held in community venues across Camden.

## **Individual Support**

If you prefer to get support on your own, we have over 200 trained community stop smoking advisors in Camden (such as Pharmacists, Nurses and GPs).

These advisors are located across Camden so there should be one near your home or work and they can meet you at convenient times, including evenings and weekends.

These advisors will see you over five weekly sessions.

## **Weekly Support Sessions**

### ***Preparation***

This is the key to kicking the habit for good! We spend the first sessions helping you to get ready for your quit date.

### ***Quit Date***

The second session in the individual program and third session in the group program is the *quit date* when you actually stop smoking.

### ***Staying Stopped***

The remaining sessions provide you with on-going support and monitoring to help you stay stopped.

### ***Smokers with Young Families***

We have found that mums-to-be, new mothers and their partners can find it tough to quit, so you can get support from our Specialist Smoking and Pregnancy Advisor. This can be arranged in our clinic or your home.

### ***Non-English Speaking Smokers***

Many of our advisors speak community languages and we can arrange translators for people whose first language is not English.

### ***Carbon Monoxide Readings***

Each week, part of the service is to take your carbon monoxide reading. This measures the amount of carbon monoxide in your body, which is the

toxic gas in a cigarette.

When you quit smoking you will be able to see how your carbon monoxide level falls!

### ***Withdrawal Symptoms***

When you quit, your body experiences withdrawal from nicotine. Symptoms include cravings, irritability, headaches, and sleep disturbance. It is important that you use a medication to help you to cope with this.

### ***Medications to help you to quit***

These do not contain the tar, poisons or carbon monoxide that are in cigarettes.

- *Nicotine Replacement Therapy (NRT)*  
NRT contains small levels of nicotine to help you manage your withdrawal symptoms. Types of NRT: gum, lozenge, microtab, patch, nasal spray and inhalator, so there is something to suit everyone!
- *Zyban* (bupropion hydrochloride)  
This is a tablet which helps you cope with your withdrawal symptoms.
- *Champix* (Varenicline)  
Champix is a tablet specifically designed to reduce the craving to smoke and combat the symptoms of withdrawal.

We will assess your suitability for these and help you to get your medication.

# Health Benefits of Stopping Smoking<sup>10</sup>

When your body is smokefree it can start to repair the damage that has been caused by smoking over the years.

Going smokefree is the single biggest thing you can do to improve your health and the good news is that the health benefits are immediate!

## **20 minutes**

Circulation improves especially in your hands and feet.

## **8 hours**

Blood oxygen levels return to normal and your chance of having a heart attack falls.


## **24 hours**

Carbon monoxide leaves your body. Your lungs start to clear out.

## **48 hours**

### ***Congratulations!***

Your body is now nicotine free. And have



you noticed how your sense of taste and smell have improved?

### **72 hours**

Your breathing is easier.  
You have more energy.

### **2-12 weeks**

Circulation is now improved throughout your body. It's easier for you to walk and exercise.

### **3-9 months**

Your lung efficiency is up by 5-10%.  
Breathing problems are fading away. Say goodbye to coughing, shortness of breath and wheezing.

### **5 years**

You now have only half the chance of getting a heart attack compared to a smoker.

### **10 years**

Your chance of getting lung cancer is now half that of a smoker. Your chance of having a heart attack is now the same as someone who's never smoked.



# Other Projects in Camden

As well as the effect on your health and those of your family and friends through secondhand smoke, cigarettes can have a negative impact on your local community.

## Workplace Health

To prevent people from having to breathe secondhand smoke at work, most workplaces have been made smokefree as of July 2007. People who quit smoking will find it easier to stay stopped without the temptation around them.

## Counterfeit Cigarettes

These are cigarettes that look like high street brands but are made illegally and contain more arsenic, lead, tar, nicotine and carbon monoxide. They have also been found to contain things like animal droppings<sup>11</sup>! These cigarettes are sold in areas of Camden by gangs, putting you and your family, friends and neighbours at risk. Would you want your children exposed to these risks?



## **Fire Safety**

The leading cause of house fires is cigarettes<sup>12</sup>. If there is smoking in your home please make sure that your family are safe. You can get a free fire safety check and free smoke alarm by calling the London Fire Brigade on 0800 02 84 428.

## **Children's Health**

Your children are more likely to become smokers if you are<sup>4</sup>. They may try to buy cigarettes before they are legally allowed to. This is more damaging to their health as they are not yet fully developed<sup>4</sup>. In Camden we are trying to stop this happening by making sure that shopkeepers do not sell cigarettes to underage children. The legal age of sales of cigarettes, from October 2007, is 18 years.

To help improve your children's health, it is important that you protect them from breathing your smoke. We are also working with schools and young people to prevent them from ever becoming a smoker and to help those who do smoke, to stop smoking.

You can also help by signing up to a Smokefree Homes Promise. The information about this project is on the next page...

## What is the Smokefree Homes Campaign?



To help parents protect their children from the harmful effects of secondhand smoke. Camden is helping local families to make their home smokefree. This is because babies and children are most sensitive to cigarette smoke<sup>4</sup>.

The best thing to do is sign up to the Gold or Gold Plus promise, but if you need more time to go smokefree, you can sign up to the silver or bronze promise:

## **GOLD PLUS PROMISE**

Make your home totally smokefree at all times and stop smoking with help from Smokefree Camden.

## **GOLD PROMISE**

Make your home totally smoke free at all times.

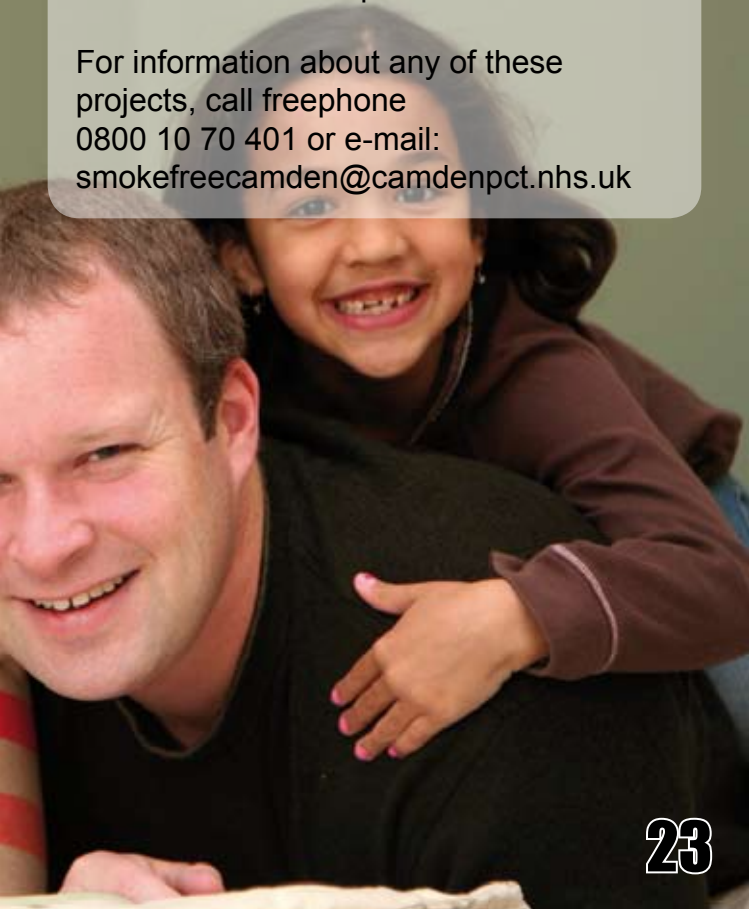
## **SILVER PROMISE**

Allow smoking only in one well-ventilated room and never in the presence of children.

## **BRONZE PROMISE**

Never smoke in the presence of children.

For information about any of these projects, call freephone 0800 10 70 401 or e-mail: [smokefreecamden@camdenpct.nhs.uk](mailto:smokefreecamden@camdenpct.nhs.uk)



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## **OTHER USEFUL PHONE NUMBERS AND WEBSITES**

**The NHS Smoking Helpline:  
0800 169 0 169**

### **NHS Asian Tobacco Helplines:**

**Urdu                    0800 169 0 881**

**Punjabi                0800 169 0 882**

**Hindi                    0800 169 0 883**

**Gujarati                0800 169 0 884**

**Bengali                 0800 169 0 885**

**Quitline: 0800 00 22 00  
[www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)**

**SELF-REFERRAL FOR SMOKEFREE CAMDEN**

**NAME:** ..... **DOB:** .....

**ADDRESS:** .....

**POSTCODE:** ..... **PHONE:** ..... **MOBILE** .....

**EMAIL:** ..... **SIGNATURE:** ..... **DATE:** .....

**Please indicate the types of support you are interested in.**

- Group** (  **Morning** /  **Evening** )
- One-to-one**
- Families & parents to be**

**Thank you for completing this self-referral form. Please detach this section and post it back to us using the FREEPOST address overleaf. For more information call FREEPHONE 0800 10 70 401**

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