

aspire **to stop smoking**

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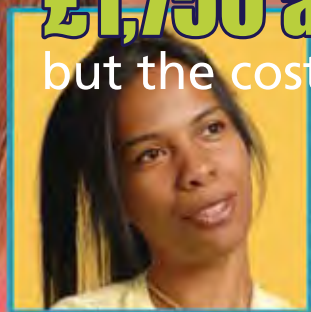
your
ONE STOP
guide to
stopping!

going smokefree
are you ready to give up?



£1,750 a year spent on cigarettes

but the cost to your health is greater



get ready for change

a richer, healthier and
more attractive you!



tips • advice • latest news • facts



One of the main causes of 'cot death' is one or both of the parents smoking regularly while the baby is near them.



welcome

If you're reading this, then the chances are you're already thinking about stopping smoking. No-one can tell you to quit, it's got to be your decision. It's up to you when and how you stop too.

But Aspire can help you make those choices.

So why are you thinking about stopping? Maybe cigarettes don't taste as good as they used to. Maybe you resent the money you spend on smoking, and can think of better things to do with it. Perhaps you hate waking up with a cough, or want whiter teeth. Or all your mates have stopped and you feel uncomfortable lighting up in front of them.

And smoke-free legislation may provide the motivation. Smoke-free does not mean 'anti smoker'. Special efforts are being made to support and help you to stop smoking altogether. And it's a lot easier to be successful if you are not reminded by other people smoking. You will also gain from the support of the many other Scots who will be giving up at the same time.

There are plenty of reasons for quitting and 7 out of 10 smokers say they want to stop. But you're more likely to succeed if you plan ahead. Aspire can show you how to do that.

Good luck!

Annie

Editor

in this issue

- 4 Easier said than done**
No ifs and butts with our reasons to stop.
- 6 What's your motivation to stop?**
It's not big and it's not grown-up, so why smoke? And it's not just about you...
- 9 Stop smoking without burning a hole in your pocket**
Give up cheaply and save a fortune.

- 10 Who really cares if you give up and quit now?**
Carolyn Walker, Tobacco Issues Co-ordinator for Fife.
- 12 Cut those cravings**
Tools to help you cut out the weed.
- 14 FAQs**
What happens when you quit – the good, the bad and the inspiring.
- 15 "I want to stop smoking now, please tell me how!"**
All the helpful information a would-be non-smoker can need, together on one page!



p4



p6



p10



p12



p15

EASIER SAID

Most of us know that quitting smoking is easier said than done, but not only does smoking cost money, it can seriously damage your health. Here's a quick reminder of why giving up is worth it.



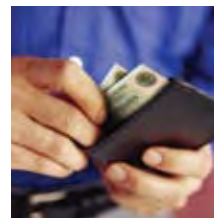
Your health

For most of us the risk of dying from lung cancer, emphysema or heart failure seems a long way off. But maybe you haven't ever really thought about the effect smoking has on your day-to-day life.

What about the fact that you can't have a kick-around in the park with your kids without gasping for breath? Or your peptic ulcer means you can't eat curries? Or you have to wear dentures because you've lost your teeth from gum disease?

Smoking can cause life-threatening diseases, and it can also stop you living your life to the full. You may have to give up your job. You may end up in a wheelchair or need help to do everyday tasks.

If you're a woman, smoking can mean painful periods, an early menopause and osteoporosis (brittle bone disease).



The cost

Even if you buy the cheapest brands available, switch to roll-ups or stock up on cigarettes when you're on holiday and prices are lower, smoking is still a pricey habit.

Why now is a good time to stop smoking

1

There's more help available

You don't have to give up smoking on your own. Now you can get help from a trained stop smoking adviser, who can talk you through the tough times. There are plenty of products available to tackle those nicotine cravings, and help to put you in touch with other people who want to quit.

2

We know what works

The NHS Stop Smoking Services have helped lots of people, and have learned what works and what doesn't. You might pick up some useful tips. Your local stop smoking adviser can help you decide when you're ready to stop and make sure you're fully prepared to quit.

3

There's nowhere to smoke any more!

Let's face it, it's getting harder to find somewhere where you can smoke — and not just in public. Most people can't smoke at work, and pubs, restaurants and other places are going that way too. And fears about the dangers of second-hand smoking mean lighting up in someone's home is not always welcome.

4

It's never too late

Maybe you don't agree it's a good reason, but the fact is, however long you've been smoking, if you stop now your health will improve. Don't think you're too old to change, giving up smoking at any age can improve the quality of life and add years. And if you've tried giving up before, don't worry, it takes most people a few attempts. Learn from past experience to cope better this time. These days the odd relapse is seen as part of the quitting process.

THEN DONE

At today's rates, the average smoker spends about £1,750 a year on cigarettes. That's a lot of money that could be spent on other items such as clothes, holidays and other treats for you and your family.

Your looks



Skin starved of oxygen by smoking becomes dry and grey. Wrinkles around the eyes and mouth develop much earlier in smokers, and the tar in cigarettes stains teeth and fingers. It causes bad breath, premature tooth loss and mouth ulcers. Your clothes smell of stale smoke too. Let's not forget how unattractive a smoker's cough can be, either.

The law

Many people — even smokers — are in favour of banning smoking in public places, mostly because of the risk of second-hand smoking. Changes to legislation now mean smoking is banned in public places. One reason money is being put into NHS Stop Smoking Services is to make it easier for people to cope with these restrictions. This could be a wonderful opportunity to decide to stop smoking since help is so readily available. ■



Make it personal... giving up smoking is a personal decision. You'll have your own reasons for deciding to quit. You also need to think about why you smoke, so you can learn how to break the habit.



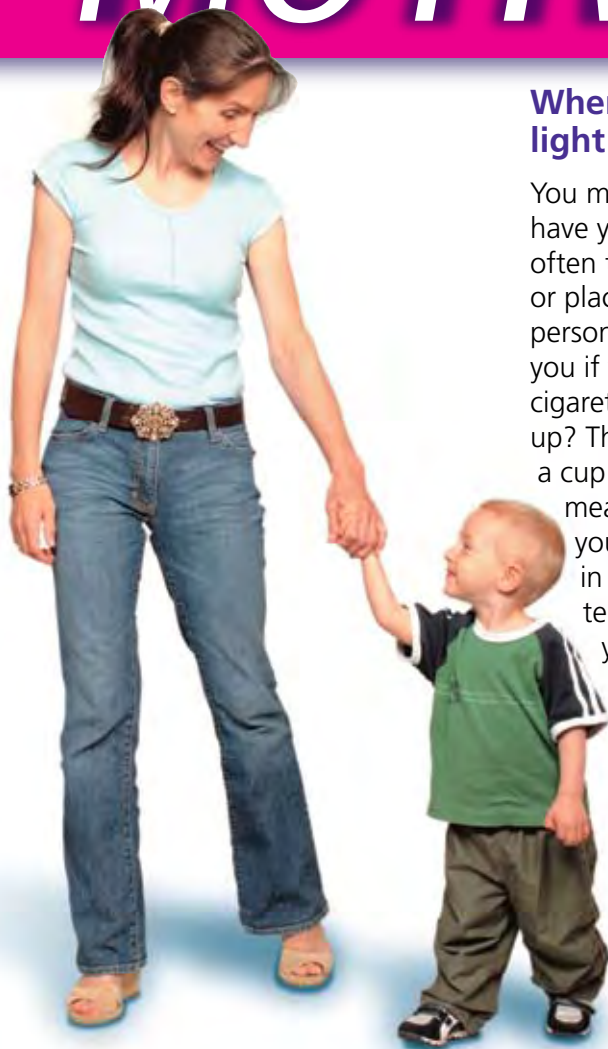
Why do you smoke?

Most people start when they're young. Chances are you first lit up to look cool or grown up, or because all your mates smoked. But why do people carry on smoking?

When you inhale, the nicotine 'rush' you get feels pleasurable — but that's only because it satisfies the craving created by the last cigarette. And if you think smoking relieves stress, that's probably because the 'stress' you were feeling was actually the symptoms of nicotine withdrawal. Not to mention the stress you feel if cravings strike when you're somewhere where you're not allowed to smoke.



what's your MOTIVATION TO



When and where do you light up?

You may not realise it, but you have your own smoking habits, often tied to certain moods, events or places. Working out what your personal 'triggers' are can help you if you decide to quit. Which cigarette will be hardest to give up? The first one of the day, with a cup of tea? The one after a meal, with a coffee? Maybe you smoke most in the car, or in the pub. Or perhaps you're tempted to light up when you're with other smokers.

What might work for you?

There's lots of information available about how to stop and stay stopped. Breaking the psychological habit is probably the hardest part. People who've managed to quit say you should:

- Find what suits you.
- Take it a day at a time. Rather than think 'I'll never smoke again', think 'I won't smoke today'.
- Talk to someone — family, friends, workmates, your NHS adviser.
- Plan ahead to deal with tricky times.

What helps most is that you have decided you're ready to stop and believe that you are stronger than your addiction to tobacco.

But it's not just about you... It's your decision whether you smoke or not — but it does affect other people.

Your partner

Thinking about starting a family?

Men who smoke may suffer from impotence and produce less sperm. Women who smoke take longer to conceive and are more likely to have a miscarriage or stillbirth. If you both smoke, it can help to give up together.

Your baby

If you're pregnant, congratulations! If you stop smoking now, you reduce the risk of your baby being premature or underweight or dying from cot death. Having a small baby isn't easier — there are more likely to be complications. They need more looking after and feeding more often — more disrupted nights and for longer.

STOP ?

Your children and your family

There is a lot of concern about second-hand smoking, particularly in Scotland, where 71% of people don't smoke.

Second-hand smoke increases the risk of coronary heart disease, lung cancer and stroke.

If you smoke, your children are more likely to get pneumonia, bronchitis and ear infections. It can cause asthma, and attacks will probably be worse and happen more often. And your children may follow your example and start smoking themselves.

A lot of smokers decide to quit for the sake of their children or grandchildren. Children are more sensitive to smoke because their bodies are still developing.

Anyone who lives with a smoker is more at risk of getting lung and heart disease. Tobacco smoke stains paintwork, leaves hazardous chemical residues on surfaces and causes unpleasant smells. Smoking is also a major cause of house fires. ■



aspire READER OFFER



TREAT your family to a fabulous holiday in Portugal!

Your lucky family could enjoy a £1,500 seven-night holiday in the Algarve

Stunning scenery, sandy beaches, long sunny days and some of the best sea-food restaurants in Europe are just some of the reasons Portugal is a firm favourite with the whole family. With something for everyone Portugal can offer a relaxing 'away from it all' holiday or a vibrant energetic holiday at one of the many golf centres.

Enter our competition and you and your family could be flying out to spend a week at the luxurious Pare el Fumar Sports & Leisure Club in the Algarve.

How to enter

To take up this offer of a fabulous family holiday, simply turn back to the beginning of Aspire. And read this issue again. Then consider giving up smoking — the average smoker spends **£1,750 a year on cigarettes, enough to book the holiday of a lifetime** with a little left over to spend at the airport

Even social smoking, say 20 cigarettes a week, amounts to £250 a year.

If you don't win...

The money you spend on cigarettes over 7 years could have been used to buy a new car; over 10 years you could have saved up enough money for a holiday home or a hot tub for your garden. Still happy to watch your savings go up in smoke?

For more help and information about stopping smoking visit www.healthscotland.com/tobacco or call the Smokeline on **0800 84 84 84** (12 noon to 12 midnight, 7 days a week).

Stop smoking

without burning a hole in your pocket

Talk to someone who understands

If you've tried to give up smoking before, you probably had no one to talk to who understood what you were going through, apart from family or friends who'd stopped, or tried to, themselves. It's easy for people who don't smoke to tell you to quit. What you need is someone who knows how to get help and make it as easy as possible.

This is where stop smoking advisers come in. They won't nag you; they provide a non-judgemental service about smoking. Instead they'll encourage you to think about your smoking habits and why you want to quit.

Then when you feel you're ready, you can talk to your adviser about the best way for you to stop.

Your adviser can tell you about nicotine replacement therapy (NRT) or the drugs Zyban® and Champix® to reduce cravings. And they'll be there to support you during the tough times after you quit. They can check levels of carbon monoxide in your system so you can see how your lungs are recovering.

Every health board in Scotland now offers a stop smoking

service so your adviser will be local and you may be able to see them in the evening. And some run group sessions, if you think talking to other people in the same boat might help. ■



What's your excuse not to stop?



DID YOU KNOW?
The average smoker spends £1,750 a year on cigarettes.

I enjoy it

It stops me getting stressed

It helps me relax

It keeps my weight down

I get cravings if I don't

Quitting smoking is easy. As Mark Twain once said: "I've done it a hundred times." It's the staying stopped that's the hard part. It can take a lot of practice before perfecting the art of quitting. And whilst you're trying, whether it's your first time or the latest in a long line of attempts, you can get help from your local Stop Smoking Service.

"We always welcome back those who've tried and failed to give up. Obviously we'd prefer to never see them again because they no longer need our help, but the reality is that people will try, and fail, several times before succeeding. The average smoker takes between three and five attempts before finally giving up for good," says Carolyn Walker,

the Tobacco Issues Co-ordinator for Fife.

Stop Smoking Services provide a one-stop shop, where advice and prescription of both nicotine replacement therapies (NRT), such as inhalers, patches, gums and lozenges, and Zyban®, are available from one centre. Smokers can come for advice and support if they want to kick the habit, even if they haven't finally

"no one wants to be the one who comes along to the next session having to say they have smoked"

decided when to do it. Trained advisers are on hand to give advice on how to make the best attempt to quit. Treatment is in a group or one-to-one. Coming into a group, you are quitting with other people and no one wants to be the one who comes along to the next session having to say they have smoked. And unlike other methods

it's free of charge. According to research people are four times more likely to quit if they use smoking cessation services alongside NRT. And compared to going 'cold turkey' alone smokers improve their chances by almost ten times.



WHO REALLY CARES IF YOU GIVE UP AND QUIT NOW?

Aspire speaks to Carolyn Walker, Tobacco Issues Co-ordinator for Fife

"Although we know that seventy per cent of people who smoke want to stop, the reality is that without any sort of support only between one and five per cent of them will succeed," she explains.

Many people find out about the service through their doctor or by calling the Smokeline on 0800 84 84 84. Depending on what's available in the local area they are invited to attend an information session or an appointment is arranged at a convenient time during the day or in the evening.

Carolyn, who gave up on her fourth attempt, admits that some people wonder whether it's going to be like Alcoholics Anonymous, 'I'm Carolyn and I'm a smoker'! But in fact Stop Smoking Services don't ask the person to stop smoking before they go along to their first appointment.

"For the first two weeks they carry on smoking"

And that can be quite a relief. For the first two weeks they carry on smoking, and during that time they learn about NRT, Zyban® and Champix® and get tips on how to prepare for quitting.

The adviser will go through the different products and bring samples, so people can say 'oh, right, I didn't know there were lozenges as well as patches'. Then they are encouraged to set a quit date, normally in the third week, which leaves plenty of time to prepare.

Carolyn believes that it's important to look at a person's smoking pattern and examine why they smoke and what they hope to gain by stopping. Keeping a diary helps to identify which cigarettes are most important — to think 'actually that first cigarette in the morning, is the real difficult one for me so I'll have to maybe think about a 24-hour patch and possibly changing my routine. Instead of getting up straightaway in the morning, putting the kettle on and maybe lighting up a cigarette I'll go and have a shower first.'

Because, as Carolyn points out displaying a wry sense of humour, "It's quite difficult to smoke in the shower. It is possible I think if you're determined..."

The whole point of using NRT, Zyban® and Champix® is that it leaves people free to break the psychological habit. Without having the withdrawal symptoms to worry about they can think about what to do with their hands, how to change their routine



— 'I'll put the phone to my other ear because I always used to smoke on the phone', for example. Then gradually they are weaned off the NRT.

The adviser helps develop a structured plan — to set a quit date, prepare for it and provide support for a number of weeks afterwards. The whole programme is usually 7–8 weeks with a three-month follow-up and another after a year, just to check how it's going.

According to Carolyn it may seem obvious but it's important to pick as stress-free a time as possible, a time when you're most likely to succeed. "If you're going away on holiday with other people who smoke it might be a good idea to postpone your attempt to quit. Similarly if you've just returned from holiday your quit attempt can be seriously undermined by having duty free fags in the house." There is no miracle cure but preparation is half the battle.

Unfortunately many people set themselves up to fail. Attempting to stop smoking can be a stressful event. For some people it's the biggest thing they'll do in their life and it's the best thing they can do to improve their health. Carolyn makes the comparison to other major decisions, such as

learning to drive which no one would consider attempting without asking for help, finding the best method and equipping properly for. "Yet people do it all the time with smoking — they just stop all of a sudden without support and then wonder why it's such a struggle."

The other common mistake is to be defeated by the first setback, to think 'I've tried that and it didn't work'. Carolyn is keen to emphasise that it's not a failure if someone's started smoking again. "They've actually learnt quite a lot, and we try to build on why they started smoking and what lessons can be learnt from that and how to prepare themselves so they don't fall into that pitfall again next time."

"you wouldn't learn to drive without asking for help"

If you are having thoughts about giving up, Carolyn offers these words

of advice: "Just call because — we're really nice!" She laughs, "It's scary for people sometimes because they think 'right this is it, as soon as I make this phone call I'll have to commit myself to a completely new life', but they can phone for a chat, or make an appointment or just go along to see whether they're ready to stop or not. People are pleasantly surprised by how relaxed and informal it is." ■



Who else can help?

You can also get help from...

Your own doctor can give you advice on stopping and prescribe NRT, Zyban® or Champix®.

Sometimes local chemists are part of the stop smoking services and can also offer one-to-one support along with NRT.

If you're pregnant you should talk to your midwife, doctor or health visitor. They can advise you on which NRT products are available to use when you're pregnant or breastfeeding.

You might even get help from your boss. Some larger employers offer support through occupational health nurses, and others provide free or subsidised NRT.

CUT THOSE CRAVINGS

Both nicotine replacement therapy (NRT), Zyban® or Champix® can make it easier to stop smoking and stay stopped because they reduce the physical cravings caused by nicotine withdrawal.

You can buy most NRT products at your local chemist and other shops, or on prescription, which may work out cheaper. Zyban® and Champix® are only available on prescription.

NRT gets nicotine into your body but *only* the nicotine, without the dangerous tar, carbon monoxide and other poisonous chemicals in tobacco smoke.

It replaces the nicotine from tobacco, easing the withdrawal while you get used to becoming a non-smoker. Once you are comfortable without cigarettes you phase out NRT.

NRT is much safer and much less addictive than cigarettes and provides a 'clean' form of nicotine compared with the very dirty form you get from tobacco.

NRT comes in various forms. It's worth talking to your NHS adviser about which one might suit you best.



I keep hearing about Zyban®. What is it and how could it work for me?

Zyban® has been found to be effective in helping people to quit smoking but unlike NRT it contains no nicotine.

It suppresses the part of the brain that gives you a nicotine buzz when you smoke, so helps reduce cravings and withdrawal symptoms. It's particularly good for heavy smokers. Use it for two weeks before you quit, and for about two months afterwards to keep you stopped.

Zyban® has received a lot of bad press in recent years, but the risk of serious reactions is rare. Zyban® is available on prescription only, so talk to your doctor first.

Some common side effects are sleeplessness, headaches, dizziness, depression and sweating.



Champix® is a new medication designed to help smokers to stop smoking and it is thought to work by reducing craving and withdrawal symptoms when people are trying to stop smoking. Champix® is available as a tablet. It is started 1-2 weeks before a person's target date for stopping smoking. The dose is built up over the first week and the usual course of treatment is 12 weeks. It should only be used as part of a smoking cessation support programme. The main reported side effect in studies of the use of Champix® in healthy smokers was nausea. Because the studies were in healthy smokers, safety in people with significant health problems is uncertain. As with any new medication, side effects will be monitored as Champix® becomes more widely used. It has been found in studies to be better than a placebo (dummy drug) and better than bupropion (Zyban®) in terms of the percentage of people who have not smoked for the whole period from 9 to 12 weeks after starting treatment. As yet there is no information directly comparing Champix® with NRT.

What's the alternative?

Some people consider trying alternative therapies like hypnotherapy or acupuncture, to help them to stop smoking. Right now however, research shows that NRT, Zyban® or Champix® with support from a trained adviser are the most successful way of helping you to quit.

Improve the chances of quitting with one of these effective remedies...

Skin patches

You can wear these all day, and overnight too if you want, so they may suit heavy smokers or people who get cravings first thing. They're easy and discreet to use.



Chewing gum

You can use it when cravings strike, and no one need know. But some people don't like the taste or just aren't keen on chewing gum.



Nasal spray

Easy to use and works quickly. It's stronger than other NRT products so might suit heavy smokers, but is only available on prescription.



Inhalator

You suck on this like you would a cigarette, which helps if you miss the act of smoking. Not as effective for heavy smokers, and you may feel self-conscious using it in public.



Microtab/lozenge

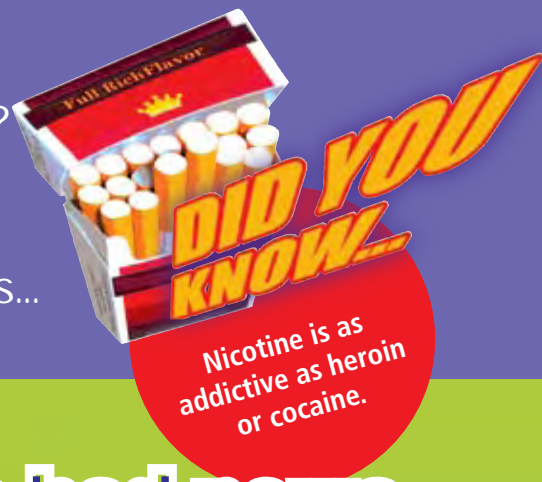
These tablets and lozenges are very discreet and easy to use, whether you're a heavy or light smoker, because you can control the dose.



FAQS

What happens when you stop?

Check out our guide for some simple answers...

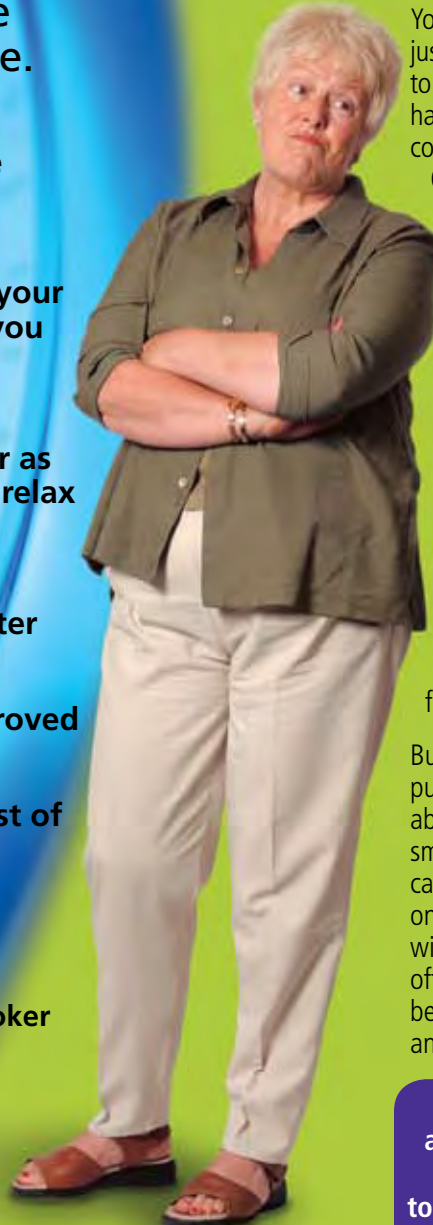


The good news...

Your body starts feeling the benefits as soon as you've smoked your last cigarette.

- > **within 20 minutes...**
your blood pressure and pulse rate return to normal
- > **within 20 hours...**
carbon monoxide clears from your body. Oxygen levels rise and you have more energy
- > **within 3 days...**
your breathing becomes easier as your bronchial tubes begin to relax
- > **within a few weeks...**
your fingers lose their yellow stains and your skin looks better
- > **within 3 months...**
your circulation will have improved
- > **within 3–9 months...**
your lungs will be clear of most of the mucus and tar that has accumulated over the years
- > **within a year...**
your risk of a heart attack has fallen to about half that of a smoker

and the bad news...



You may get withdrawal symptoms — not just cravings to smoke — as your body reacts to lower levels of nicotine. Some people have headaches, feelings of anxiety, loss of concentration, irritability and sleeplessness.

Others get mouth ulcers — using a mouthwash regularly can help prevent these. You might start to cough more.

Don't worry, these symptoms will usually pass after a few weeks. Just keep reminding yourself that these are all signs that your body is starting to repair the damage caused by smoking.

Nicotine suppresses your appetite and speeds up the rate at which your body burns up calories, so you may put on some weight. Stopping smoking can give you pangs that feel like hunger, even when you're not hungry, and you might eat as a substitute for a cigarette. And food will start tasting better.

But don't let worries about gaining weight put you off. It seems unfair to have to think about controlling your eating and quitting smoking at the same time. However, NRT can delay weight gain, which means you only have to worry about quitting to start with. And once you've weaned yourself off smoking, you'll have more energy than before and feel up to watching what you eat and getting exercise.

Remember that you're giving up an addiction that may have been a regular habit for many years. So don't be too tough on yourself if you find it hard going. Make the most of all the help on offer.

It's worth hanging in there...YOU are stronger than your addiction.



"I want to stop smoking now, please tell me how!"

Feeling ready to give up or still unsure? There is plenty of advice available to help you decide what you want to do next.

Ring the Smokeline on **0800 84 84 84** any time between 12 noon and 12 midnight to talk to a specially trained counsellor.

For a free **step-by-step guide** *How to Stop Smoking and Stay Stopped*, written by an ex-smoker, ring Smokeline or ask your doctor or other health professional.

If you want to make an appointment to see an **NHS adviser**, ask your doctor for details of your local service. www.canstopsmoking.com is an updated site featuring 'Quit Buddy' for email support, and other interactive features and information. While you're there have a look at the calculator to work out how much smoking costs you, and the calendar to help you plan the best time to quit.

So, do you feel like you're ready to quit?

Don't do it because you feel like you should, but because you want to. Think of it like this — you're not losing something, you're gaining a healthier, wealthier way of life.

Useful websites



ASH Scotland is the country's leading anti-tobacco organisation. Its website has details of new laws on smoking, research and statistics. www.ashscotland.org.uk

The NHS **Giving up smoking** website has tips on how to stop. In the Stay Stopped section, you'll find 'secrets of success' where people write in with their own suggestions and experiences. www.givingupsmoking.co.uk

Health Scotland is a vital source of information and support. www.healthscotland.com

Quit is an independent charity that helps smokers stop. Its website has real life examples of why people decide to quit and how they manage it. www.quit.org.uk



Smoking causes almost one in four of all deaths in Scotland.



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Reading Aspire can seriously improve your health.



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