

BORN 2 QUIT has been running since November 2005 as part of the Smoking Matters Service. Around the whole of the Region we offer support and advice to pregnant women and their partners who smoke, when they make the decision to stop smoking. B2Q offers home and clinic visits when pregnant women who smoke are referred by their midwife, GP or Health Visitor, or self-refer. We try to be as flexible as we can to fit around times and places to suit the individuals needs as much as possible.

Want 2 Quit?

Smoking Matters has established a stop smoking service, **Want 2 Quit** specifically designed to support and assist motivated young people aged 12 to 18 years who would like help to try and stop smoking. We offer a confidential service for young people within the school setting which can be a one to one or a group session with a trained Smoking Matters Adviser. Young people can refer themselves, or referrals can come from school nurses or nominated teachers. All young people however will be encouraged to discuss their smoking and their quit attempt with their parents and/or guardians. We have a dedicated Adviser working on this project and further information can be obtained from the school or Smoking Matters.

0845 602 6861

Stop smoking and have a healthier body

If you have smoked for a while it's sometimes hard to think that you will experience health benefits to you if you stop - but it doesn't take long until you do!

After 20 minutes - your heart rate and blood pressure return to normal

After 8 hours - nicotine and carbon monoxide levels in your blood are halved

After 24 hours - your lungs will start to clear out the tar that's been clogging them up

After 48 hours - carbon monoxide will be eliminated from your lungs and your senses of taste and smell will start to improve

After 72 hours - breathing becomes easier and energy levels increase

2-12 weeks – circulation begins to improve

3-9 months – coughs, wheezing and breathing problems improve

How much money you could save?

If you spend £5 on 20 cigarettes per day you could save:

1 week	£35	6 months	£930
1 month	£155	1 year	£1,825
3 months	£465	10 years	£18,250

Still happy to see your money go up in smoke?

Thanks to NO SMOKING DAY for use of daisy image

Smoke Free in
D&G

NHS
Dumfries
& Galloway



The NHS **Smoking Matters Service** offers smokers throughout Dumfries and Galloway assistance in stopping smoking.

Stopping smoking can be tough. Wouldn't it be great to have someone to talk to who understands what you are going through and offers advice and support every step of the way?

We run many clinics region wide, usually seeing clients on a one to one basis in health and community centres, but occasionally we also run groups.

Your confidential appointment usually lasts half an hour, and you meet with your adviser fortnightly for three months.

Our aim is to provide a flexible service and we can also offer evening appointments in Annan, Dumfries and Stranraer for smokers who cannot manage to daytime appointments.

We can also provide a course of Nicotine Replacement Therapy for you. There are various NRT products available that help to reduce withdrawal symptoms and cravings and **increase your long-term chances of successfully stopping smoking.** Your advisor will discuss with you which NRT product suits your specific needs best.

If you are already in receipt of free prescriptions you will not pay for your NRT, otherwise a normal prescription charge will apply.

Your adviser will also encourage you to think about your reasons for stopping smoking and the benefits not only to your health but also your pocket.

SMOKING MATTERS SERVICE

0845 602 6861

Is this the support you've been looking for? What have you got to lose? Give us a call on **0845 602 6861** and we will fix you up with an appointment. Go on, you could soon be feeling health benefits that could last a lifetime!

Clinics are held in:

Annandale and Eskdale: Annan, Gretna, Ecclefechan, Lochmaben, Lockerbie, Moffat and Langholm.

Nithsdale: Dumfries, Thornhill, Sanquhar and Kelloholm.

Stewartry: Castle Douglas, Dalbeattie, Kirkcudbright, Gatehouse and New Galloway.

Wigtownshire: Stranraer, Wigtown, Whithorn, Drummore and Newton Stewart.

Have you ever considered a smoke-free home for you and your family?

Environmental tobacco smoke (ETS) is exhaled tobacco smoke from smokers and the smoke released from the end of a lit cigarette. ETS is harmful to both smokers and non-smokers.

Did you know?that by not exposing children to ETS you are:

- protecting them
- reducing the chances of them developing asthma, glue ear, chest infections
- reducing the chances of them developing heart disease and lung cancer in adulthood

So why not start today with a smoke-free home and be reassured that you are protecting you and your family from ETS?

Smoking Matters Word Search

N X M R P X M L G O W V G F S
P L N H L O A U U E C N R A T
C N V I N V P T S P I Q T A I
P J E I H L U B N K R M L R F
L C T G Z S J L O V U P Q S E
T O R R Y F N M J H C A V E N
R L A K C X S I S P S F O N E
T G T R F P O E C I V D A I B
E D I X O N O M N O B R A C H
B B L T N J V N M F T C I L T
F P S C I R C U L A T I O N L
U R F W E Y G H P V I B N N A
T U P Q N N I U G Y K N F E E
V Z O D K N U Y L F S N A U H
E T P K N F W B R T N O W G G

ADVICE
ARSENIC
CARBONMONOXIDE
CIRCULATION

HEALTHBENEFITS
MONITOR
NICOTINE
OXYGEN

STOPSMOKING
TAR

Useful Websites

ASH Scotland - www.ashscotland.org.uk

NHS Giving up Smoking - www.givingupsmoking.co.uk

Health Scotland - www.healthscotland.com

Quit - www.quit.org.uk

No Smoking Day - www.nosmokingday.org.uk