

There has never
been a better
time to quit...



GOING SMOKEFREE

How we can help you be smoke free

When you come into hospital

You will be asked if you smoke and if you do, you will be offered advice and support to help you during your hospital stay.

Are you thinking of quitting?

Giving up for good can feel like a big hurdle but there are many ways to make it easier. Getting support and medication means you are four times more likely to give up for good.

What will I gain?

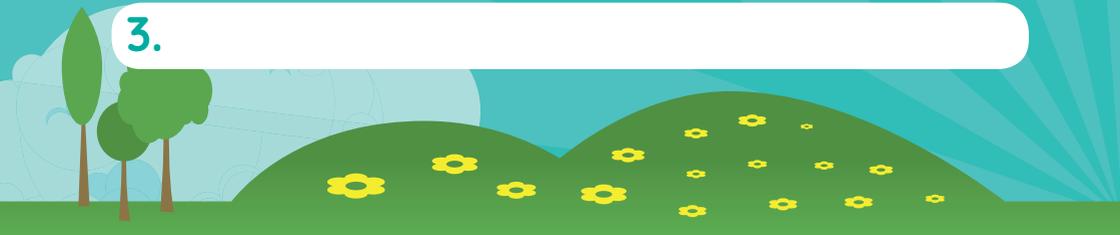
- More money for you and your family
- Less stress and anxiety
- Cleaner lungs and a stronger heart
- An improved sense of smell and taste
- Keeping healthy for the sake of your children/ grandchildren -being a better role model
- Recover quicker from your stay in hospital

What are your top three reasons for quitting?

1.

2.

3.

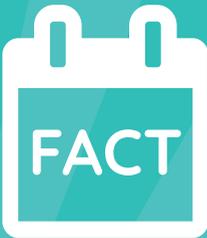


Risks of Smoking

Tobacco smoke contains over 5,000 chemicals. Smokers are addicted to nicotine but are harmed by other chemicals such as tar; many of which are known to cause cancer. Smoking and exposure to second-hand smoke increases the risk of:

- Cancer
- Strokes
- Heart diseases
- Lung diseases including COPD (Chronic Obstructive Pulmonary Disease)
- Reduced fertility
- Complications in childbirth including; stillbirth, preterm delivery and low birth weight
- Developing diabetes is 30-40% higher

Children are particularly vulnerable to second-hand smoke. Children exposed to second-hand smoke are more at risk of asthma attacks, coughs and colds, ear infections and chest infections.



Since October 2015 it has been illegal to smoke in the car if children are present.

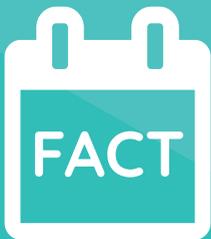
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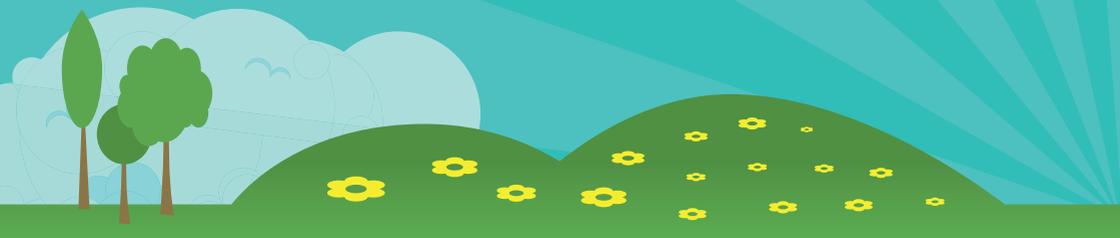
Effects of smoking to the body

When you smoke a cigarette, the smoke enters the mouth and nose, traveling down the throat into the lungs. Smoke enters the lungs and starts to damage the cilia in the lining of the lungs. The smoke and toxins eventually cause the cilia to die. A smoker's cough develops to try to get rid of foreign material and mucous in the lungs. The bronchioles, which are small passage ways in the lungs are damaged by the tar and toxins and are not able to perform gaseous exchange. The lack of oxygen and increase in tar causes breathlessness, wheezing, dizziness and tiredness. Carbon monoxide in the blood stream stops the blood carrying oxygen around the body.

Although most smoke enters the lungs, some is swallowed. It travels down the oesophagus into the stomach. Chemicals from the smoke enter your blood stream and travel around the body. This can cause cancer in other parts of the body e.g. pancreas, cervix or liver. Smoke will eventually become part of urine, which passes through the bladder, which can cause kidney and bladder cancer.



Smoking remains the UK's greatest cause of health inequalities, preventable illness and premature death.



Benefits of stopping smoking

After 20 minutes

Your blood pressure and pulse return to normal. Circulation improves especially in your hands and feet.

After 8 hours

Nicotine and carbon monoxide levels in the blood are reduced by half. Oxygen levels return to normal.

After 24 hours

Carbon monoxide will be eliminated from your body. Your lungs start to clear out mucus and debris.

After 48 hours

Your body is now nicotine free. You will notice your sense of taste and smell will have improved.

After 72 hours

Your breathing is easier. Your energy levels have improved.

After 2-12 weeks

Your circulation improves throughout your body. It is easier for you to walk and exercise.

After 3-9 months

Your lung capacity can improve by 10%, making breathing easier, reducing coughing, shortness of breath and wheezing.

After 5 years

Your risk of having a heart attack is half of that of someone who still smokes.

After 10 years

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

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Benefits of stopping smoking if you have an illness or condition

Respiratory

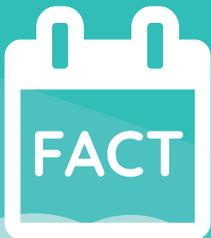
Stopping smoking is the most effective treatment for most respiratory conditions and the benefits of stopping smoking appear quickly. In Chronic Obstructive Pulmonary Disease (COPD) stopping smoking reduces both flare-ups (exacerbations) and further permanent damage to your lungs. People with COPD who stop smoking notice greater benefits from many treatments, live longer and are less likely to be admitted to hospital.

Coronary

Stopping smoking is an effective treatment to reduce narrowing and furring of the arteries. It will reduce heart work load by increasing oxygen levels in the blood, reducing the risk of blood clots. By stopping smoking you will get the maximum effect from your cardiac medication.

On top of health benefits you are saving money. Based on smoking 20 per day, here's what you can save*.

Week 1	Week 4	Week 12	6 Months	1 Year
£63	£254	£761	£1524	£3048



Cigarette smoking can delay bone healing and increase the risk of wound infection.

Smokefree Northumbria Healthcare

Northumbria Healthcare is a smokefree environment. As an NHS organisation, we have a duty to protect and care for the health and wellbeing of our patients, staff and visitors. Many of the people who access our services such as pregnant women, babies, children and those with medical conditions are particularly vulnerable to the harmful effects of second hand smoke.

Being smokefree means that smoking is not permitted on any of our sites including all buildings and grounds, there are no designated smoking areas on any of our hospital sites. Being Smokefree does not mean that we are forcing people to stop smoking. However we ask that you help us to keep our buildings and grounds smokefree to protect others.

How you can be smokefree in hospital?

You may want to choose to only stop smoking during the period you are in hospital or you may use the opportunity to make a permanent quit attempt. No matter which option you choose hospital staff can supply you with nicotine replacement medication in the form of patches and an inhalator to help you during your hospital stay.

Make sure you get support. It's hard to change a long term habit. You don't need to do it on your own. Support from friends, family or professionals is really important.

You are four times more likely to quit successfully if you use a combination of stop smoking medication and specialist help.

Speak to the ward staff for nicotine replacement medication and a referral for specialist support.

Or if you would prefer, after leaving hospital you can access your local stop smoking service.

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Deciding what to do about stopping smoking

There are different ways to stop smoking. Different approaches suit different people so if the first thing you try doesn't help - try another way. Choosing the treatment option that is best for you, means considering how the consequences of each option will affect your life. There is strong evidence that support from a stop smoking advisor combined with one or more stop smoking aids is the most effective quitting method. The main options are:

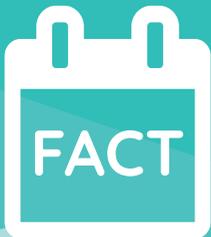
- Unassisted quitting
- Self-managed quitting
- Health professional-assisted quitting
- Temporarily quitting
- Cutting down

Unassisted quitting

An attempt to stop smoking with will power alone sometimes referred to as going 'cold turkey'.

Self-managed quitting

An attempt to stop smoking with over the counter stop smoking aids, such as nicotine replacement therapy (NRT) or e-cigarettes which can help reduce nicotine craving.



The chances of a person quitting smoking goes up 67% when a spouse quits too.



Health professional-assisted quitting

An attempt to stop smoking from a trained stop smoking advisor at your local stop smoking service. A referral can be made while you're in hospital. This method increases your chances of stopping.

Temporarily quitting

You may decide to stop smoking only while you are in hospital. You can still use NRT to help you manage the craving for nicotine while you are unable to smoke. Speak to ward staff about NRT and ask to see one of the Smokefree team who can give you advice on managing while you are in hospital.

Cutting down

You will get the most benefit if you give up smoking completely, however cutting down or stopping for periods of time can benefit your health. Remember while you are in hospital you will not be able to smoke in the buildings or grounds.

There's a free local stop smoking service near you

It offers free one-to-one support along with stop smoking medicines, which are available for the cost of a prescription. These sessions usually start a couple of weeks before you quit.



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Treatments Available

Nicotine Replacement Therapy (NRT)

NRT is a medicine that provides you with nicotine without the tar, carbon monoxide and other poisonous chemicals present in tobacco smoke. NRT has been widely used for many years to help people to stop smoking and is a safe form of treatment. NRT is available as:

- Skin patches
- Chewing gum
- Inhalers
- Oral strips and lozenges
- Nasal and mouth sprays

E-cigarettes (Vapes)

Using an e-cigarette is not completely risk free but carries a small fraction of the risk of smoking. It is 95% less harmful than tobacco smoke.

Varenicline (Champix) medication

Reduces cravings for nicotine by blocking the rewarding and reinforcing effects of smoking which take place in the brain and helps to reduce cravings and withdrawal symptoms.

Bupropion (Zyban) medication

Reduces urges to smoke and helps with withdrawal symptoms.



Symptoms of withdrawal

Symptom: Nicotine craving

What's happening:

Your brain is missing the nicotine fix.

How to cope:

Cravings typically last 5 to 10 minutes. It might be uncomfortable, but try to wait it out. Make a list of things you can do to manage the craving. Remember these goes away after a few weeks. Using NRT may help or try to distract yourself with something else, such as a glass of water or go outside for some fresh air.

More tips available at www.nhs.uk/smokefree

Symptom: Coughing

What's happening:

Your lungs are clearing tar.

How to cope:

This will improve quite quickly on it's own. Warm drinks may help.

Symptom: Trouble sleeping/restlessness

What's happening:

This is due to nicotine leaving the body.

How to cope:

This usually lasts about 2-3 weeks. Try to cut down on tea/coffee, and get more fresh air and exercise.



Symptom: Dizziness/feeling light headed

What's happening:

You are receiving more oxygen to the brain which means less carbon monoxide.

How to cope:

This should stop after a few days.

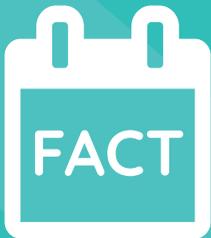
Symptom: Mood swings/poor concentration/irritability

What's happening:

This is a sign of nicotine withdrawal which will pass..

How to cope:

Let family and friends know you're trying to give up smoking.



Nicotine is an addiction,
smoking tobacco is a choice.



Prepare for the day you quit

Avoid temptation

- Choose a quit date that's unlikely to be stressful
- Avoid having any cigarettes, matches, or lighters on you
- Avoid places where others may be smoking
- Be prepared for strong craving occasions for example; after a meal

Remind yourself why you're quitting

- That you'll be much healthier
- Much wealthier
- That YOU want to be in control
- You will stop smelling of cigarettes

During the first week

- Keep busy, get support from a friend, relative or your local Stop Smoking Service
- Stick to non-smoking areas
- Get plenty of fresh air, go for a brisk walk
- Keep telling yourself "I can do it!"

Set the date you quit smoking

Day

Month

Year

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What if I have a cigarette?

Many people who quit smoking relapse at some point. Don't be put off trying again. The key is to learn from what went wrong so you're more likely to succeed next time.

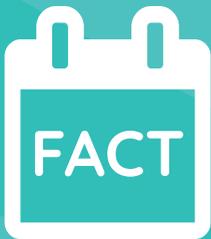
Understanding what you are going through can help you deal with quitting better.

- Stop again immediately. Go for a walk, drink some water and take a deep breath.
- Think about what made you have a cigarette and try to avoid that situation
- Be positive and put it behind you.
- Remember why you wanted to quit.
- If a method isn't working for you, try something else.
- Remind yourself you are a non-smoker.

It can be helpful to commit yourself to the "not a single drag" rule. Promise to yourself and others that you'll not even have a single drag on a cigarette.

By sticking to this simple rule you can guarantee that you won't start smoking again.

"It took me seven attempts to quit but I'm so glad I kept at it" - anonymous



Children are three times more likely to smoke if their parents smoke.



Contacts & Resources

For further advice and support to stop smoking contact:

Northumberland Stop Smoking Service
01670 813 135

North Tyneside Stop Smoking Service
0191 643 7171

Newcastle Stop Smoking Service
0191 269 1103

National NHS Smoking Helpline number
0300 1231 044

These can offer guidance on services available within your area. Also speak to your GP or pharmacy asking for help on stopping smoking.

The internet links below will guide you firstly to the National no smoking website. This service offers useful resources which can be sent out in the post, as well as texts for support and an app to download to your phone.

www.nhs.uk/smokefree

www.readytostopsmoking.org.uk/content/itworkedforme/Mandy.aspx

To read about Mandy describing her journey of smoking cessation before coming into hospital for surgery.

www.facebook.com/nhssmokefree

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We wish you every success
and congratulate you on
your decision to stop smoking.

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