

# WHAT ARE THE BENEFITS OF STOPPING SMOKING?

- **After 20 minutes** - Check your pulse rate, it will already be starting to return to normal.
- **After 8 hours** - Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.
- **After 48 hours** - All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.
- **After 72 hours** - If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.
- **After 2 to 12 weeks** - Blood will be pumping through to your heart and muscles much better because your circulation will have improved.
- **After 3 to 9 months** - Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.
- **After 1 year** - Great news! Your risk of heart attack will have halved compared with a smoker's.
- **After 10 years** - More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

[www.nhs.uk/smokefree/why-quit/what-happens-when-you-quit](http://www.nhs.uk/smokefree/why-quit/what-happens-when-you-quit)



**CALL FREE FROM ANY LANDLINE OR MOBILE ON 0800 328 6297**

**To access your local Quit Squad:**

**Option 1** for Preston, Chorley and South Ribble

**Option 2** for Skelmersdale, Ormskirk, Burscough, Up Holland, Tarleton and Hesketh Bank

**Option 3** for Burnley, Pendle, Rossendale, Hyndburn and Ribble Valley

**Option 4** for Lancaster, Morecambe, Fylde and Wyre

**For information on smoking in pregnancy please see our separate leaflet.**

**The Wellbeing and Mental Health Helpline and Texting Service** is available

Monday to Friday 7pm to 11pm and Saturday to Sunday 12pm to Midnight staffed by volunteers and those with lived experience, who can offer emotional support - ring if you want to chat about your mental health or are lonely. Contact the helpline on **0800 915 4640** or by texting **Hello** to **07860 022 846**.

Our Patient Advice and Liaison Service (PALS) is a free and confidential service for anyone who has concerns about aspects of care that you, a friend or family member has received. PALS are here to help you identify what to do, where to go and who to speak to for support.

Telephone: **0800 234 6088** or **01772 676 028**  
 Email: **pals@lscft.nhs.uk**  
 Address: **Patient Advice and Liaison Service, Lancashire and South Cumbria NHS Foundation Trust, Sceptre Point, Preston PR5 6AW.**

Service users have the right to lodge a complaint with the Trust's Data Protection Officer or Hearing Feedback team if they feel that their information is not being processed, stored or shared in accordance with the General Data Protection Regulations (GDPR).

They can be contacted via email: **DPO@lscft.nhs.uk**

If you are not satisfied with the Trust's response you can lodge a complaint with the Information Commissioners Office (ICO).

**Data Protection**

For further information regarding the information we hold and collect about you and why we may need to share it, visit <https://www.lscft.nhs.uk/privacy>

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**Are you a smoker?**

**NOW IS THE TIME TO QUIT**

**Call 0800 328 6297**



**Connect and Quit with**

**You are 3 times more likely to quit with support**

**Follow us:**

[lancsquitsquad](https://twitter.com/lancsquitsquad), [lancsquitsquad](https://facebook.com/lancsquitsquad) and [lancsquitsquad](https://instagram.com/lancsquitsquad)

# DID YOU KNOW THE QUIT SQUAD OFFERS THE FOLLOWING?...

## Help and support

We provide a variety of appointments to suit your needs delivered by Specialist Advisors. These include;

- Community drop in sessions (*no appointment needed*)
- One to one appointments
- Group sessions
- Workplaces
- Inpatient support, we also work with GPs/Pharmacies
- Support in pregnancy (*see separate leaflet*)
- Support for those who vape
- Carbon monoxide monitoring
- Translation services available

## Carbon Monoxide (CO) monitoring

CO is a gas inhaled by smokers when they smoke a cigarette. The good news is that shortly after stopping smoking the level of carbon monoxide in your body returns to that of a non-smoker. The carbon monoxide monitor measures the amount of carbon monoxide in your lungs in parts per million. The test allows us to check that you have stopped smoking and provides you with objective proof of improved health after you have stopped smoking completely.

## Nicotine Replacement Therapy (NRT)

NRT is a medication that provides you with a low level of nicotine, without the tar, carbon monoxide and other poisonous chemicals present in tobacco smoke. It can help reduce unpleasant withdrawal effects, such as bad moods and cravings, which may occur when you stop smoking.

### Products Available:

- Patches
- Nasal spray
- Quickmist
- Gum
- Lozenges
- Inhalator

**IT'S NEVER TOO LATE TO QUIT...**

## How long are courses and sessions?

Quit Squad is a **FREE** service and can help anyone over the age of 12. We provide one to one support via phone, face to face or virtual appointment as part of a 12 week program which includes:

- Specialist behavioural support;
- Nicotine replacement therapy (subject to prescription charge, if applicable).
- **FREE** digital support via My Quit Route ([www.myquitroute.com](http://www.myquitroute.com)) and Quit for Us (pregnancy). Both available via Google Play and the App Store.

Your initial appointment will be up to 30 minutes, with 15 minute follow up appointments. You are welcome to bring along a friend, partner or relative.

## SmokeFree Lancashire

Secondhand smoke is the smoke blown out by a smoker, plus the smoke that comes out of the lit end of a cigarette. More than 80% of secondhand smoke is invisible and odourless. So no matter how careful you think you are being, your family, friends and pets still breathe in harmful poisons, leading to poorer health. Find out more and make your SmokeFree Promise at [www.smokefreelancashire.co.uk](http://www.smokefreelancashire.co.uk)



**SmokeFree Lancashire**

Working together towards a Smokefree generation



## For support to quit

Click to quit now at

[www.quitsquad.nhs.uk](http://www.quitsquad.nhs.uk)

**0800 328 6297**

(free from any landline or mobile)

Lines are open Monday to Friday, 9am-5pm (except Bank Holidays). Outside of these times please leave a message and contact number and we will call you back.

## For online support to quit smoking download

# My Quit Route



# COMMON MYTHS ABOUT QUITTING:

## Nicotine is harmful

**FACT** Nicotine is a very addictive substance but it isn't harmful. It's the other ingredients and chemicals such as carbon monoxide and tar in tobacco smoke that will cause serious damage to your health. This is why Nicotine Replacement Therapy can help you to stop smoking. It will give you a clean, safe dose of nicotine.

## I'll get stressed if I quit

**FACT** Quitting can improve your mood and help relieve stress. Most smokers continue to smoke because they believe smoking helps them relax. But smoking actually increases anxiety and tension.

Smoking cigarettes interferes with certain chemicals in the brain. When smokers haven't had a cigarette for a while, the craving for another one makes them feel irritable and anxious. These feelings can be temporarily relieved when they light up a cigarette. So smokers associate the improved mood with smoking. In fact, it's the effects of smoking itself that's likely to have caused the anxiety in the first place.

## Vaping is harmful

**FACT** Nicotine vaping is substantially less harmful than smoking but is not risk-free. It exposes users to fewer toxins and at lower levels than smoking cigarettes. It is not recommended for non-smokers and young people.

Quit Squad is a vape friendly service. Whilst we can not provide a starter kit to help you quit, we can support you if you choose to use a vape to quit. You can also use patches alongside your vape if you need to, as they release nicotine slowly and you can top up with your vape to deal with immediate cravings.

## Stop Smoking treatments are expensive!

**FACT** You can get Nicotine Replacement Therapy either for free, or for the cost of a prescription. We provide an electronic voucher scheme, which you can redeem from your local pharmacy.