

WHAT ARE THE BENEFITS OF STOPPING SMOKING?

- **After 20 minutes** - Pulse rate returns to normal.
- **After 8 hours** - Nicotine and carbon monoxide levels in blood reduce by more than half and oxygen levels return to normal.
- **After 48 hours** - Carbon monoxide will be removed from the body. Lungs start to clear out mucus and other smoking debris. There is no nicotine in the body. Ability to taste and smell is improved.
- **After 72 hours** - Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
- **After 2 to 12 weeks** - Your circulation improves.
- **After 3 to 9 months** - Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.
- **After 1 year** - Risk of heart disease is about half compared with a person who is still smoking.
- **After 10 years** - Risk of lung cancer falls to half that of a smoker.
- **After 15 years** - Risk of heart attack falls to the same as someone who has never smoked.

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

This provides an information and listening service for people in Lancashire. It is available between 7.00pm and 11:00pm Monday to Friday and from 12:00 noon until 12:00 midnight on Saturday and Sunday.
Freephone: 0800 915 4640

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Hearing Feedback Team

If you would like to share feedback on your experiences with us, please contact the Hearing Feedback Team on: **01772 695315**, or email: **Hearing.Feedback@lancashirecare.nhs.uk**

Copies of this leaflet are available from:

**Lancashire and South Cumbria NHS Foundation Trust,
Sceptre Point, Sceptre Way,
Walton Summit, Preston PR5 6AW**

Tel: **01772 695300**

Email: **lct.enquiries@lancashirecare.nhs.uk**

Website: **www.lscft.nhs.uk**

QUIT SQUAD STOP SMOKING SERVICE WE CAN HELP YOU

You are three times more likely to stop smoking with our help



Follow us:

lancsquitsquad and
 lancsquitsquad

DID YOU KNOW THE QUIT SQUAD CAN OFFER 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 and COPD screening
- Translation services available

CO testing

The smoke you inhale contains carbon monoxide which reduces the amount of oxygen that red blood cells carry. At your appointment, a Quit Squad advisor will take a carbon monoxide reading and within 48 hours of stopping smoking, carbon monoxide will be out of your system, more oxygen will be circulating around your body and your carbon monoxide levels will be that of a non-smoker.

Stop smoking treatments

We provide a voucher scheme for Nicotine Replacement Therapy, which you can redeem from your local pharmacy. Stop smoking medicines, Champix and Zyban, are only available on prescription from your GP, following an assessment by Quit Squad

Treatments Available:

- Patches
- Nasal spray
- Quickmist
- Gum
- Lozenges
- Inhalator
- Bupropion (Zyban) or Varenicline (Champix)*

*These medicines are not available if you are Under 18, planning for a baby, pregnant or breastfeeding.

How long are courses and sessions?

Quit Squad is a free service and can help anyone over the age of 12. We provide you with guidance on the stop smoking products available and support on changing your routines and behaviour, over a 12 week program. 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. Make your SmokeFree Promise at www.smokefreelancashire.co.uk



Working together towards a Smokefree generation

IT'S NEVER
TOO LATE
TO QUIT...

CONTACT THE

quit
squad

www.quitsquad.nhs.uk
(use the self-referral form)

0800 328 6297
(free from any landline or mobile)

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

COMMON MYTHS ABOUT QUITTING:

www.nhs.uk/live-well/quit-smoking

Stop smoking treatments don't really work!

FACT Research suggests that nicotine replacement therapies and the prescription stop smoking tablets (Champix and Zyban) can double and sometimes even triple your chances of successfully quitting. All stop smoking treatments work better when used alongside a programme of stop smoking support.

Nicotine causes cancer!

FACT This is wrong. Nicotine doesn't cause cancer. It's the other toxic chemicals in cigarettes, such as tar and carbon monoxide, that damage your health. Nicotine replacement therapy (NRT) products provide nicotine your body is craving but nowhere near the amount of harmful chemicals found in cigarettes.

It's dangerous to use more than one nicotine replacement product at a time!

FACT No, it isn't. In fact, using more than one NRT product at a time – known as combination therapy – can be a good thing as it often increases your chances of success. A popular strategy is to use nicotine patches to provide a background level of nicotine, in combination with a faster acting product.

Stop Smoking treatments are expensive!

FACT You can get NRT, Champix and Zyban either for free or for the cost of a prescription, from Quit Squad.

Champix will make me feel depressed!

FACT There is no evidence that use of Champix increases the risk of depression, and it has been shown to be safe and effective for people with mental health problems. One of the short-term potential side-effects of stopping smoking (regardless of medication used) is low mood. Be aware of your mood while you are quitting and speak to your Quit Squad advisor if you notice any change.

I can't use stop smoking treatments if I'm pregnant!

FACT If you're pregnant, it's important to quit as soon as possible, as smoking is incredibly harmful to both you and your baby. NRT products can be helpful if you're finding it hard to quit and are much safer for you and your baby than continuing to smoke.