



Northern Care Alliance  
NHS Group

# The CURE Project - Tobacco Addiction Service

An information guide



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## STOP AND TAKE A STEP IN THE RIGHT DIRECTION

Cigarette smoking is one of the leading causes of preventable death but quitting can be daunting.

Many fear it will take a long time to see improvements in health and well-being, but the timeline for seeing real benefits is faster than most people realize.

Health benefits begin in as little as an hour after the last cigarette and continue to improve. If you quit smoking it will dramatically increase your chances of living a longer life.

It takes just 20 minutes for your body to start healing once you quit smoking, repairing the damage done by all those years of smoking.

- **After 20 minutes** – Your blood pressure and pulse go back to normal. Circulation improves, especially in your hands and feet.
- **After 8 hours** – Nicotine and carbon mon-oxide levels in the blood are reduced by half. Oxygen levels return to normal.
- **After 24 hours** – Carbon monoxide will be eliminated from the body. Your lungs start to clear out mucus and debris.
- **After 48 hours** – Your body is now nicotine free. And you will notice how your sense of taste and smell have improved.
- **After 72 hours** – Your breathing is easier. You have more energy.
- **In 2 to 12 weeks** – Circulation is now improved throughout your body. It is easier for you to walk and exercise now.
- **In 3 to 9 months** – Your lung capacity can improve by 5 to 10% and you can say good-bye to coughing, shortness of breath and wheezing.

- **After 5 years** – You now have half the chance of having a heart attack compared to a smoker.
- **After 10 years** – The 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.

## **Hang in there**

Keep reminding yourself of the good things that are happening to your body. Now that you have quit smoking, your body has begun to repair.

It's never too late to stop smoking, the benefits out way the detriments it can cause to your health and well being

## **WITHDRAWAL SYMPTOMS**

Some people might struggle with withdrawal symptoms, especially during the first week.

These can include difficulty sleeping, headaches, and a temporary cough. You might also experience symptoms such as anxiety, irritability, and restlessness.

You can find more information and support to help with withdrawal symptoms by contacting your local stop smoking service. They will be able to advise on how to cope with the symptoms .

Nicotine Replacement Therapy (NRT) helps with withdrawal symptoms by replacing some of the nicotine you would normally get from a cigarette. You may still get cravings but NRT products take the edge off.

Using NRT will help to reduce withdrawal symptoms. Using NRT doubles your chances of quitting smoking and can therefore motivate you to quit or cut down on your smoking

If you are using NRT products but still have strong withdrawal, take a look at how you use them. With the mouth spray some people spray it onto their throat instead of under their tongue or on the inside of their cheek. You don't puff the Inhalator like a cigarette, but instead take lots of little sips.

Learning how to use NRT products correctly will make a huge difference ask your advisor for advice on how to use products correctly patches, gum, mouth spray, lozenge, inhalator.

If you're thinking of NRT, we recommend combination therapy: using patches plus a fast-acting NRT product like mouth spray or lozenge.

Also, to get the most from NRT products, try to use them for at least 8 weeks.

### **A smoke-free home is better for your family**

The benefits of stopping smoking don't just end with you. Quit and you'll be helping to protect the health of non-smokers around you.

Breathing in second-hand smoke is particularly dangerous for children, doubling their risk of getting chest infections, ear infections, and asthma, as well as increasing their risk of lung cancer in later life.

### **Preventing harm to others**

Stopping smoking can also help the health of your friends and family.

## **Second-hand smoke**

Stopping smoking means that you're no longer harming others through second-hand smoke (passive smoking). This benefits babies and children in particular, who are at risk of:

- Sudden and unexpected death in infancy (SUDI).
- Respiratory/chest illnesses and infections.
- Reduced lung function, middle ear disease and asthma attacks.

## **Reasons to quit**

If the above isn't enough to convince you then here are some reasons why you should quit.

You will:

- Reduce your risk of illness, disability or death caused by cancer, heart disease and lung disease.
- Reduce your risk of gangrene or amputation caused by circulation problems.
- Protect the health of the people you care about by not making them breathe your second-hand smoke.
- Reduce the chances of your children suffering from asthma.
- Improve your fertility and your chance of a healthy pregnancy and baby.
- Improve your breathing and general fitness.
- Enjoy the taste of food more.
- Get rid of that stale tobacco smell from your hair, skin, clothes and breath.
- Look attractive with healthy, glowing skin and fewer wrinkles.
- No more tobacco stains on your teeth.
- Have a cleaner, fresher home free of nicotine stains and reduce your risk of starting a house fire or burning your clothes.

Save money and treat yourself to that dream holiday you've always wanted, the pair of designer shoes that you've been eyeing up for months or a gym membership to work on the new healthier you.

## **Saving money**

Smoking is expensive and prices will continue to rise.

If you're smoking 20 cigarettes a day, you're likely to be spending about **£3,500 a year**, based on the average cost of £9.60 for a pack of 20 cigarettes.

By stopping smoking, you could spend the money you save on:

- A reward such as a trip to the cinema or a meal out.
- A family holiday (equivalent to the cost of smoking 20 cigarettes a day for a year).

## **Smoking and young people**

Stopping smoking means it's less likely that your children will become smokers. Children living with parents or others who smoke are much more likely to start smoking themselves.

There is lots of help and support out there to help you finally say goodbye to cigarettes forever. Using your local Stop Smoking Service means you are four times more likely to stop.

### **Their services can include:**

- Access to free or subsidised Nicotine Replacement Therapy (NRT)/Champix.
- Individual or group support that helps you plan and stay on track to quit smoking.
- Help to cope with cravings, relapse and understanding your 'danger zones'.
- Specialist support for pregnant women, young people, and carers.

### **Contact Numbers**

Fairfield Hospital/Rochdale Infirmary - 0161 778 2941/0161 778 3061

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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