

# Want to quit smoking but need help?

You're up to four times more likely to quit with NHS support than by going it alone as very few people manage to quit going 'cold turkey'. It can take many attempts for a smoker to successfully kick the habit for good. That's why we want every smoker to have the best chance of success.

Hertfordshire Stop Smoking Service provides support to help you every step of the way. Friendly trained advisors are available in over 280 locations throughout the county. Each advisor is skilled to give you help and support and advise you about all the different treatment options that help you overcome nicotine withdrawal. There are a range of treatments available and your advisor will help you choose the most suitable ones for you.

Trained Stop Smoking advisors are available in most local pharmacies, GP practices and other local venues.

[www.smokefreehertfordshire.nhs.uk](http://www.smokefreehertfordshire.nhs.uk) for a full list of local services

## Pregnant and smoking?

Trained stop smoking advisors for pregnant women are available, contact us.

## Nicotine Replacement Therapy (NRT)

NRT works by getting nicotine into your body without the dangerous chemicals that cigarettes contain. It helps to reduce withdrawal symptoms and cravings.

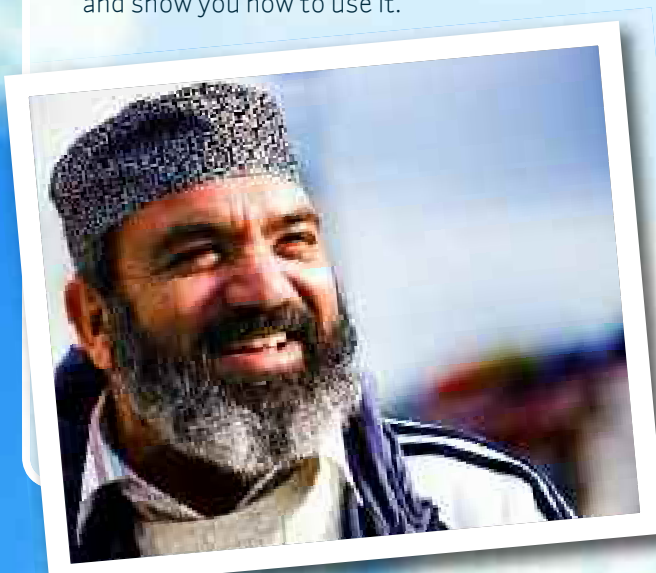
There are many different types of NRT:

- PATCH
- GUM
- NASAL SPRAY
- MICROTAB
- LOZENGE
- INHALATOR

These release different amounts of nicotine into your body and at different rates.

We recommend that you use a full course of NRT and gradually reduce the amount you use. Most smokers find using a combination of a patch and another type of NRT more successful than a single product.

NRT is usually suitable for everyone. Your advisor will discuss your preferences and show you how to use it.



## Champix\*

Champix has been specifically developed to assist smokers to stop smoking. It works on the nicotine receptors in the brain, reducing the pleasure of smoking as you gradually increase the amount you take. You would expect to stop smoking during the second week of taking it. It continues to relieve withdrawal symptoms and urges to smoke during the 12 week course. Champix is not recommended for some people (including pregnant women) and your stop smoking advisor will be able to advise you if it is appropriate for you.

## Zyban\*\*

Zyban is a drug treatment that can also help you to quit smoking. It is thought to work by changing your brain's response to nicotine. Zyban may also reduce your urge to smoke and relieve withdrawal symptoms. Zyban is most effective in conjunction with trained support. However, Zyban is not recommended if you have certain medical conditions, are pregnant or breast feeding, or take some medications.

Champix and Zyban are only available on prescription from your doctor.

There is no magic cure to help you stop smoking. However, the more you want to stop smoking and the more support you get, the better your chances are of stopping smoking for good.

\*Varenicline \*\*Bupropion

## Congratulations you have taken the first step towards quitting smoking

The next step is to contact us:  
Call us on **0800 389 3 998** or  
Text **'Quit'** to **07800 001 337**  
and we'll call you or email us on  
**hertfordshire.stopsmokingservice@nhs.net**

You can fill in the reply slip below and send to:  
**Hertfordshire Stop Smoking Service**  
Charter House, Parkway, Welwyn Garden City,  
Hertfordshire AL8 6JL

### Reply slip

I want information on Stop Smoking Services  
in my area.

Mr/Mrs/Ms/Miss (circle as appropriate)

Name: .....

Address: .....

.....

.....

Postcode: .....

Home No: ..... Mobile No: .....

Date of birth: .....

A message may be left if I am unavailable:  
YES  NO

The best time to contact me is in the:  
MORNING  AFTERNOON  EVENING   
Pregnant? YES  NO

**We look forward to helping  
you become a successful  
non-smoker**

## Muslim information sessions Ramadan

Date: .....

Time: .....

Venue: .....

Date: .....

Time: .....

Venue: .....

## Muslim Stop Smoking Group

Date: .....

Time: .....

Venue: .....

**Text, call or email  
details below**

You don't have to go it **alone!**

**Hertfordshire Stop Smoking Service**

Call: **0800 389 3 998**

Text **'Quit'** to **07800 001 337**

and we'll call you or email us on

**hertfordshire.stopsmokingservice@nhs.net**



**"I know it's  
time to quit  
this Ramadan."**

**We can help you quit smoking.**