

## Nicotine Replacement Therapy (NRT)

Nicotine replacement Therapy (NRT), can also help you to QUIT smoking by replacing cigarettes, cigars or pipes.

NRT is available both over the counter or free on prescription from your GP or at your local pharmacy.

NRT works by releasing a small amount of nicotine, which is slowly absorbed into the body and can help to reduce cravings.

## NRT Products

Nicotine Lozenges	1mg, 1½mg, 2mg and 4 mg
Nicotine Patches	24hr/16hr
Nicotine Inhalator	15mg cartridges
Nicotine Gum	2mg and 4 mg
Microtabs	2mg sublingual
Nasal spray	
Mouth spray	

There are also non-Nicotine medications available on prescription that can reduce cravings. These include:

Bupropion	(Zyban©)
Varenicline	(Champix©)

*Nb. Smoking cessation support services should be offered with Champix.*

**Further information on all the above products is available from Smokefree Hebrides.**

## Contact Us

### Smokefree Hebrides

Health Promotion Department, Block 11, Laxdale Court, Stornoway, Isle of Lewis, HS2 0GS

Lewis and Harris	01851 701623
Uist	01870 602588
Barra	01871 810895

E-mail: [smokefreehebrides@nhs.net](mailto:smokefreehebrides@nhs.net)  
Web: [www.promotionswi.scot.nhs.uk](http://www.promotionswi.scot.nhs.uk)

**Smokeline**  
0800 848484

### We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at - [www.patientopinion.org.uk](http://www.patientopinion.org.uk) or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.

Version: 3                      Review Date: June 2017  
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#### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you interpret any of this information, or in applying the information to your individual needs.

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Smokefree



Hebrides

Bòrd SSN nan Eilean Siar  
NHS Western Isles

## Smokefree Hebrides



A guide to stopping smoking in the Hebrides.

## About Us

The Smokefree Hebrides Cessation Service, provides free, confidential, advice, help and support to anyone in the Western Isles who would like to QUIT smoking.

Our friendly advisors can help you increase your chances of success in quitting smoking.

## What we offer

Smokefree Hebrides can offer you confidential appointments with one of our trained Smoking Cessation Advisors.

Support can be intensive over the first few weeks to build confidence in the quitter. We're here not just on a one-off basis.

Appointments with an advisor can be arranged to be held at mutually convenient locations throughout the Western Isles.

## How we can help

Smokefree Hebrides offers 1-to-1, group or telephone support, at times which are suited to your needs. Smokefree Hebrides also offers a text and email service.

**Evidence shows that you are four times more likely to successfully QUIT for good with the support of the Smoking Cessation Service.**

Quitting smoking is a challenge and we would like to help you, so why not contact us and feel the benefits.

**Let us help you QUIT for life.**

## Cessation Timeline

Did you know that after you have stopped smoking for....

- 20 minutes** Blood Pressure and Pulse return to normal.
- 20 hours** Carbon Monoxide will be eliminated from the body.
- 3 days** Breathing becomes easier, and Bronchial tubes begin to relax.
- 3 months** Circulation improves.
- 6 months** Risk of heart attack, cancer and other "smoking" diseases begin to fall.
- 1 year** The risk of having a heart attack falls to about half that of a smoker.
- 5 years** The risk of a stroke is similar to that of a life long non-smoker.
- 10 years** You've probably halved your risk of lung cancer.
- 15 years** Your risk of lung cancer will be reduced to little more than that of a life long non-smoker.

## Smokefree Hebrides

**Lewis & Harris - 01851 701623**

**Uists - 01870 602588**

**Barra - 01851 701623**

## Did you know...

- Smoking is the cause of a quarter of all heart disease.
- Smoking causes lung cancer and is also linked to other cancers.
- Smoking increases your risk of Type 2 diabetes.
- Tobacco smoke contains poisons which causes damage to sperm.
- Smoking can worsen pre-menstrual Syndrome (PMS).
- Smokers have an increased risk of a stroke compared to a non-smoker.
- Smokers can have poor circulation, which can lead to amputation of limbs.
- Smoking can lead to Bronchitis, Chronic Obstructive Pulmonary Disease (COPD), Emphysema and is a cause of Pneumonia.
- Those around tobacco smoke are themselves 'smoking' for a short time.
- Pregnant women who smoke during pregnancy have a much higher chance of miscarriage than those who don't smoke.
- Pregnant women who smoke during pregnancy risk their babies developing health problems linked with second-hand smoke.
- Babies and children who breathe second-hand smoke have an increased risk of chronic coughs, wheezing, and sudden infant death syndrome (Cot death).