



Respiratory Department

Smoking Cessation

This leaflet introduces local stop smoking services. It will help you to understand the importance of stopping smoking and the support that you will receive. If you would like additional information, please speak to one of the doctors or nurses. They will be more than happy to help.

Why should I give up smoking?

Smoking is the single greatest cause of preventable death, disability, ill-health and social inequality. It causes 16 different forms of cancer and damages every organ in the body.

On average, most people who stop smoking save around £128 per month. That's £1,536 a year!

If you have smoked 20 cigarettes a day for 20 years, you will have spent £73,000 on cigarettes!

Nicotine addiction is a disease and it is our role to help you kick the habit!

How can I stop smoking?

The best way to give up smoking is with the help of a Smoke Stop Service. This is provided from your local pharmacy or GP Surgery depending on where you live.

You are likely to be more successful if you have some coaching support. This is provided locally by LiveWell Dorset; more details below.

In addition, you need the help of Pharmacotherapy (drugs), such as Nicotine Replacement Therapy or Varenicline (Champix) which blocks the Nicotine receptors in your brain. This is provided via your Smoke Stop Service or LiveWell Dorset.

What can LiveWell Dorset do for me?

LiveWell Dorset is a free service funded by your local council. They provide advice, support and coaching to help people across Dorset make healthy changes such as giving up smoking.

When you register with LiveWell Dorset, you will be kick-starting your journey to a healthier you. LiveWell will ask some questions about you and your health so they can tailor their support to you. They stay in touch over the course of a year to help you stay on track, offer support when you need it and celebrate with you when things go well.

They can point you in the direction of local pharmacies and GP surgeries offering a smoke stop service. If you choose to use one of these, they will still keep in touch to see how you are doing. They can offer 1:1 support if you are unable to use your local service. The options are:

- 6 sessions of LiveWell Coaching (on the phone) to help you create and put in place your quit plan
- The above plus NRT ('nicotine replacement therapy) delivered to your door
- NRT plus a check-in phone call at 4 weeks and support by email if needed

You can either self-refer online at:

www.livewelldorset.co.uk

or ring: **08008401628**

You can also get a head-start with personalised tips on how to break that habit at

livewelldorset.co.uk/habit-hacker.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Respiratory Nurse Specialists: 01305 253131

Useful Websites:

www.livewelldorset.co.uk

About this leaflet:

Author: Jenny Graves, Respiratory Consultant
Written: May 2020
Approved: June 2020
Review date: June 2023
Edition: Version 1

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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