So How Do I Go About It?

If you want to know more, have any queries or wish to book an appointment with the Smoking Cessation Nurse please contact:

Lynsey McVitty: 028 2563 5575
075 8402 3675

Causeway area:
Sonia Shirlow: 078 2733 4605
028 7032 7032 ext 5278

Thought of the Day!
Time to Quit?
Time to quit, yes I know. But how do I let this habit go? Who is the strongest, Who’s going to win. Let it be me and not the nicotine.
It’s not easy to control and so hard to say No, to this little monster tapping on my shoulder you know.
I know I need willpower, that is true. But having advice and support is what I need too.
I am not on my own and there are those who care, to give help and support to everyone out there!
So, delay no further
Decide to quit, pick up the phone and say...... THAT’S IT!
What is the Stop Smoking Support Service?

One to One support designed specifically for you the smoker to successfully quit smoking for good.

*Free of charge*

*Initial first appointment = approximately 1 hour*

What Happens?
The Smoking Cessation Nurse will:

- chat to you about your options
- help you set a quit date
- discuss with you what nicotine replacement therapy is, and what therapy will suit you best
- All the support needed to successfully quit for good.

DON'T DELAY, QUIT TODAY!

Are You Interested In Giving Up Smoking?

The best time to quit is now because the longer you keep smoking the more damage you're doing to your health.

Giving up is the greatest single step you can take to improving your health.

Once you stop smoking your health improves immediately.

Everyone needs some help and encouragement when it comes to giving up Smoking.

The NHSCT Stop Smoking Service offers support & encouragement which will be designed specifically to help you quit for good.

Benefits of Stopping Smoking

It is never too late to quit. Benefits of stopping smoking start immediately.

- **20 minutes** - Blood pressure and pulse return to normal
- **8 hours** - Nicotine and carbon monoxide levels in the blood reduce by half and oxygen level returns to normal
- **24 hours** - Carbon monoxide is eliminated from the body
- **48 hours** - There's no nicotine left in the body
- **72 hours** - Breathing is easier
- **3-9 months** - Coughs, wheezing and breathing problems improve
- **1 year** - Risk of heart attack is half that of a smoker
- **10 years** - Risk of lung cancer falls to half that of a smoker
- **15 years** - Risk of heart attack falls to the same as someone who has never smoked