

Time to Stop Smoking 'for good'



The most important reason you should stop smoking is to improve your health and quite possibly save your life. About half of all smokers who don't stop smoking cigarettes will end up dying from a smoking-related disease. If you smoke around friends and family you will also be risking their health as they will be breathing in your second hand smoke.

If you want help to stop smoking, just ask,
our service is FREE.

Find out more overleaf...

Why is stopping Smoking important?



Half of all long term smokers will die early from smoking related diseases like heart disease, lung cancer and chronic bronchitis. But don't worry it is never too late to stop smoking, being smoke free will help add years to your life and greatly improves your chances of a disease free, happier old age.

How we can help you to stop Smoking

- Talk to us – we can help you quit for good.
- We offer face to face or telephone support to help you change your behaviour.
- We can offer stop smoking medication if appropriate including Nicotine Replacement Therapy

Top tips to stop Smoking

- Join your local stop smoking service. You are 4 x more likely to be successful if you get help.
- Set a date to quit and stick to it.
- Nicotine replacement therapy can double your chance of succeeding
- Find what works best for you – patches, tablets, lozenges, gum, nasal spray, e-cigarettes or inhalers.
- Make a list of the reasons you want to quit and keep reading it to help strengthen your resolve.

If you stop Smoking you are likely to

- Live longer
- Breathe more easily
- Have more energy
- Have a better sense of taste and smell
- Feel less stressed
- Have improved fertility
- Have younger looking skin
- Whiter teeth
- Have more money



For more information on our range of **FREE Services**

text: HEALTHYU to 60777 or call: 0333 005 0093

Email: healthyyou@everyonehealth.co.uk or

visit www.healthyyou.org.uk



Healthy You



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