

Week 4

- We can discuss how you are coping.
- We can explore ways to change routines and help you cope with no longer smoking.
- A carbon monoxide reading can be obtained.
- We will arrange your next appointment.

Week 12

- A check to discuss your progress.

If you have managed to quit, well done!

If you have not managed this time, do not worry.

While some people do stop smoking at their first attempt, most take several attempts to quit for good. If you do not manage to stop, or if you start smoking again, don't worry ... our door is always open and we are here to support you when you feel ready.

REMEMBER - Do not quit quitting! You can do it and we can help



Contact Us:

Smoking Cessation Advisor
Smoking Matters Orkney

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support to stop smoking

smoking matters

ORKNEY



STOPPING SMOKING Support Programme

A guide - to what to expect when you use our service

We work with you to help you stop smoking, but the decision to quit has to come from you. When you are ready, we can provide you with information, advice and support that will make you over **FOUR times more likely to stop than those who go it alone.**

TIME	BENEFITS OF NOT SMOKING
20 minutes	Your blood pressure and your pulse return to normal. Circulation improves, especially in hands and feet.
8 hours	Your oxygen levels return to normal and your chance of having a heart attack falls.
24 hours	Carbon monoxide leaves your body. Your lungs start to clear out mucus and debris.
48 hours	Lungs start to clear out mucus and other smoking debris
72 hours	Your breathing is easier and you have more energy.
2-12 Weeks	Circulation is now improved throughout your body. It's easier for you to walk and exercise now.
3-9 months	You lung efficiency has increased by 5-10%. Breathing problems are fading away. Say goodbye to coughing, shortness of breath and wheezing.
5 years	You have halved the chance of having a heart attack compared with a smoker.
10 years	You have halved the chance of developing lung cancer compared with a smoker. Your chances of having a heart attack are the same as those of a person who has never smoked.

Appointments can be arranged to fit in around you and can be a mixture of face-to-face, telephone and/or email. Home visits can be arranged under certain circumstances.

Duration of the programme is normally around twelve weeks and what is covered in each session will be tailored to suit you.

The 12 weeks are split up as follows-
 Week 1 - first appointment
 * Week 2 & 3 - follow up meetings
 Week 4 - one month check * Week
 6 & 8 - follow up meetings Week
 12 - final appointment *

* It is preferable that these checks are carried out face-to-face



Week 1

- Session one can take up to one hour, following sessions will be shorter.
- You will meet your Cessation Advisor and get an understanding of what the service can offer you.
- You will be asked about your smoking history, this will help decide if Nicotine Replacement Therapy (NRT) or other medication can be used.
- If you require a prescription, we will arrange this with your GP. Pregnant women can use NRT.
- We will discuss your reasons and motivation for wishing to stop smoking.
- You will be asked if you have a quit date in mind.
- You will be given the opportunity to explore a "cut down to quit" route.
- A baseline carbon monoxide reading can be taken so that you can see how rapidly your health can improve when you stop smoking.
- We will discuss how to tailor your sessions to best suit you.
- We will arrange your next appointment.

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