

If you want to **QUIT** we can help!

- **We have 3 qualified & experienced smoking cessation advisors therefore appointments are available at various times during the day.**
- **We can offer support & advice for up to 12 weeks.**
- **We will recommend products to help you quit based on your lifestyle, health needs & dependency level.**
- **You can receive nicotine replacement products to last for 4 weeks for the cost of one prescription (free if you are exempt from paying).**
- **There is no miracle cure but if you are determined to quit we can help you become a non-smoker & see your health improve.**

Ring reception on 01913782099 and make an appointment.

You will need to complete a registration pack which can be [downloaded](#) here.

Just a few reasons to QUIT:

- **100,000 or more people die in the UK each year from smoking.**
- **There are 4000 or more chemicals in cigarette smoke including tar, carbon monoxide, formaldehyde (used to preserve dead bodies), shellac, acetone, benzene, arsenic & ammonia.**
- **Smuggled/illegal tobacco has been found to contain mice & rat droppings, dead skin, urine & faeces.**
- **Second hand smoke causes lung cancer & heart disease in adult non-smokers & a variety of conditions such as respiratory disease, cot death & middle ear disease in children.**
- **Smoking in pregnancy can cause miscarriage, low birth weights & premature births.**
- **If you smoke you are more likely to suffer from bad breath, stained teeth & gum disease, impotency, wrinkles, skin conditions, increased risk of cellulite, respiratory problems & chronic illness.**
- **Within 48 hours of stop smoking nicotine is no longer in the body & taste & smell is improved.**
- **In 72 hours breathing becomes easier.**
- **In 3-9 months lung function is increased by 10% .**
- **In 5 years the risk of heart attack falls to about half that of a smoker.**
- **In 10 years the risk of lung cancer falls to half of that of a smoker. The risk of a heart attack falls to the same as someone who has never smoked.**
- **A 5 a day smoker could save £5,201 in 10 years by quitting smoking. A 20 a day smoker could save £20,805**