

Do you smoke? Are any of these questions familiar?



- How do I go about stopping smoking?
- Which nicotine replacement products/medicines will work for me?
- What if I just want to cut down?
- Where can I get support if I can't do it on my own?

With our online support and specialist Stop Smoking Advisors, you can choose the option that would work best for you.

1

### Self Support

Do you want to try by yourself? Visit our website and social media pages for advice, other resources you can use as well as helpful hints and tips on stopping smoking. This website will also keep you up to date with the latest developments and details of the services available to you.

2

### Brief Support

Need to speak to an advisor for more support? You can contact fully trained Stop Smoking Advisors via our Quitline, text or email service and in person. We work with you to maximise your chances to succeed, by offering free expert guidance as well as advice on stop smoking medicines.

3

### Specialist Support

Prefer to meet your advisor in person on a weekly basis for more intensive support? Our Stop Smoking Advisors are located in accessible venues in your local community. Visit our website or call us for your nearest stop smoking service.

To find out more, call us on **020 3633 2609** or text **QUIT to 66777**

**Email** [camdenandislington.stopsmokingservice@nhs.net](mailto:camdenandislington.stopsmokingservice@nhs.net)

**Visit** [www.smokefreelifecamdenandislington.co.uk](http://www.smokefreelifecamdenandislington.co.uk)



Stopping smoking can make a drastic improvement to your lifestyle and health in ways you might not expect.

**Once you stop smoking, some of the benefits are immediate and some are longer-term.**

### Find out how quickly you'll notice the benefits of stopping

After 20 minutes:	Blood pressure and pulse rate return to normal.
After 8 hours:	Nicotine and carbon monoxide levels in the blood reduce by half and oxygen levels return to normal.
After 48 hours:	Carbon monoxide is eliminated from the body. Lungs start to clear out mucus and other smoking debris. There is no nicotine in the body. Ability to taste and smell is greatly improved.
After 72 hours:	Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
After 2-12 weeks:	Your circulation improves.
After 3-9 months:	Coughs, wheezing and breathing problems improve as lung function increases by up to 10%.
After 5 years:	Risk of heart attacks falls to about half compared with a person who is still smoking.
After 10 years:	Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.

- **FREE** one-to-one confidential Stop Smoking service
- **EXPERT** and professional advice and support
- You are **FOUR TIMES** more likely to stop smoking with our help
- **WEEKLY** supply of Nicotine Replacement Therapy
- If you are **VAPING** on e-cigarettes to stop smoking contact us