

# BBC Radio Shropshire Factsheet

## Quitting Smoking

Compiled May, 2004

The first rule of giving up smoking is... you have to want to give up. Once you have decided though, there is no shortage of help and support available to you.

Your first port of call could be your GP's surgery – just call and make an appointment.

Any pharmacist will be able to advise you. They may be able to help you join a programme, and, if you need extra help with withdrawal symptoms, they can advise on nicotine replacement therapy such as nicotine gum, patches or inhalators, but remember, although these devices can help, there are no guarantees. They don't replace the desire to quit – that can only come from you.

The NHS offers a wealth of support to the would-be non-smoker. Try the NHS Smoking Helpline on:

**0800 169 0 169.** They can send useful leaflets, and they have trained advisers ready to speak to you.

If you are pregnant then you have an extra incentive to give up. The NHS has a dedicated helpline:

**0800 169 9 169.**

If English is not your first language, you may want advice in your own language. Call **0800 00 22 00** and an adviser will be able to give you a number to call for Kurdish, Turkish, Punjabi, Urdu, Hindi, Welsh, Bengali and Gujarati helplines.

If alternative therapies such as acupuncture or hypnotherapy appeal to you, you may find a local practitioner, or you could get advice from

British Complementary Medicine  
Association  
P.O. Box 5122  
Bournemouth  
BH8 0WG  
0845 345 5977

or  
Institute of Complementary Medicine  
PO Box 194  
London  
SE16 7QZ  
020 7237 5165

Internet users will be able to find a bewildering number of web sites offering facts and advice.

Here are a few places to start looking.

[www.givingupsmoking.co.uk/](http://www.givingupsmoking.co.uk/)

[www.help2quit.com/](http://www.help2quit.com/)

[www.quitsmokingsupport.com/](http://www.quitsmokingsupport.com/)

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## Good Reasons for Quitting

Quitting smoking is one of the most important things you will ever do:

- You will live longer and live better.
- Quitting will lower your chance of having a heart attack, stroke, or cancer.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes.