

# Our Top Tips

Firstly, congratulations! You have taken the first steps to becoming smoke-free for good and have given yourself the very best chance by signing up to stop with OneLife Suffolk - this gives you 4 times the chance of stopping for good than if you try alone.

## **Attend your appointments with your practitioner**

Seeing your practitioner regularly, to go through the evidence-based behavioural support programme, and taking your medications as recommended can quadruple your chance of quitting for good. You will be offered appointments with us for 12 weeks and we recommend you stick with the programme for at least that amount of time.

## **Get rid of everything associated with smoking**

All cigarettes, lighters, matches and ashtrays before or on your quit date.

## **Choose a good quit date**

One when you feel relaxed and that it will be easier to avoid temptation. Quitting on a Sunday seems to be successful for many smokers - would this work for you?

## **Use glucose tablets for the first 4 weeks**

ONLY IF YOU ARE NOT DIABETIC - take no more than one packet a day for the first 2 weeks. These have been shown to improve your chance of quitting and to help with any breakthrough cravings. There is emerging evidence that they may also help control weight gain during your programme.

## **Change your routine**

Avoid alcohol in excess, do more activity, go to bed earlier and sleep well.

## **Get the app for extra support**

If you have a smart phone or tablet, sign up to the FREE SF28 app. This is an evidence based app that will give you extra motivational support and will help you to track your progress.

## **Try and protect yourself from colds and mouth ulcers**

You may be susceptible to these in the first couple of weeks after quitting. Your practitioner can give you some support with this.

## **Get a new toothbrush**

Your old one will have debris from your smoking on it, and it's great to start a fresh with a new one. Keep the old one for a little while to remind yourself of the difference in bristle colour.

## **Keep in touch with us**

Even after you have finished the programme, we are always here to help. Call us on 01473 718193 or follow us and comment on Facebook and Twitter.

# One Life Suffolk

## Your 12 week Quit Plan

Your Clinic:

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Your Practitioner:

.....

Contact Details:

.....

01473 718193

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



# Your Appointments

Date	Time	CO Reading



**Damage to health**  
Smokers who smoke and inhale continuously.

**Dangerous level**  
Very heavy smoker. Cigar, shisha or cannabis smoker. These can give 4 times more CO. Health and Safety level for occupational exposure. Oxygen level drops. Symptoms include headaches weakness and loss of concentration. High risk to health.

**Very heavy smoker**  
Very high level of CO. The body is not getting enough oxygen to function and the heart is put under great strain.

**Heavy smoker**  
Frequent smoker who inhales. High level of CO in blood results in a marked shortage of oxygen to the body organs.

**Regular Smoker**  
These levels of CO indicate that the red blood cells are carrying a lot less oxygen than the body needs. The heart must work harder and with less oxygen to help it.

**Smoker**  
A typical reading for a smoker is 10ppm +. The loss of oxygen to the body makes a difference to everyday tasks. Level of CO in the blood will rise for each cigarette smoked and inhaled.

**At risk**  
Smoker with low level of smoking or who has not smoked for a few hours. High reading for a non-smoker.

**Non-smoker**  
Living in a town or an ex-smoker after 12-48 hours of not smoking.

**Non-smoker**  
Non-smokers have low CO readings, but they can vary due to exposure to second hand smoke, exhaust fumes and combustion.

# The benefits to becoming Smoke Free

Adults who quit smoking by 30 add 10 years to their life. People who kick the habit at 60 add three years to their life. There are so many benefits to stopping smoking:



## Younger looking skin

Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles. The skin gets more nutrients, including oxygen, and can reverse the sallow, lined complexion that smokers often have.

## Whiter teeth

Giving up tobacco stops teeth becoming stained, and you'll have fresher breath. Ex-smokers are less likely than smokers to get gum disease and lose their teeth prematurely.

## Better breathing

People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10% within nine months.

## More energy

Within 2 to 12 weeks of stopping smoking, your circulation improves. This makes all physical activity, including walking and running, much easier. Quitting also boosts your immune system, making it easier to fight off colds and flu.

## Less stress

Scientific studies show that people's stress levels are lower after they stop smoking. Nicotine addiction makes smokers stressed from the 'withdrawal' between cigarettes. The pleasant feeling of satisfying that craving is only temporary and is not a real cure for stress. Also, the improved levels of oxygen in the body means that ex-smokers can concentrate better and have increased mental well-being.

## Longer life

Half of all long-term smokers die early from smoking-related diseases, including heart disease, lung cancer and chronic bronchitis.

## Improved smell and taste

Kicking the smoking habit gives your senses of smell and taste a boost. The body is recovering from being dulled by the hundreds of toxic chemicals found in cigarettes.

## Healthier loved ones

Passive smoking increases a non-smoker's risk of lung cancer, heart disease and stroke. Second-hand smoke makes children twice at risk of chest illnesses, including pneumonia, croup and bronchitis, plus more ear infections, wheezing and asthma. They also have three times the risk of getting lung cancer in later life compared with children who live with non-smokers.

## More money

A great incentive for stopping smoking is to work out how much money could be saved by not having to buy cigarettes anymore. An average smoker smoking 20 cigarettes a day is set to save over £2,300 a year if they stopped smoking.

