

E-cigarettes are electronic devices that delivers nicotine in a vapour. This allows you to inhale nicotine without most of the harmful effects of smoking, as the vapour contains no tar or carbon monoxide. Research has found that e-cigarettes can help you give up smoking, so you may want to try them rather than the medications listed previously. As with other approaches, they're most effective if used with support from an NHS stop-smoking service.

Medication information

Information about medicines can be obtained from the Choice and Medication website. www.choiceandmedication.org/cambridgeshire-and-peterborough/

Further help

Camquit Cambridgeshire:

01480 379553 or 01480 379563 (Huntingdon)
01223 703245 (Cambridge)

Peterborough Stop Smoking Service:

0800 376 56 55

livehealthy@peterborough.gov.uk

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Patient Advice and Liaison Service (PALS)

If you have any concerns about any of CPFT's services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail pals@cpft.nhs.uk

Out-of-hours' service for CPFT service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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Insight into smoking

May 2018



How do you get addicted to cigarettes?

When you take a puff of a cigarette, nicotine gets absorbed into the lungs. It reaches the brain in seven seconds where it attaches to the receptor. This leads to dopamine release. Dopamine releases a "reward" signal that generates urges to smoke in the presence of smoking cues. Repeated exposure leads to damage to the reward part of the brain and develops a "nicotine hunger" when your body is depleted.

How can I reduce craving / withdrawal symptoms / desire to smoke?

Walking: Ten minutes of brisk walking has been proved to reduce the cravings. It also improves your mood and helps to keep your weight under control.

Isometric exercise: Alternatively contract the muscle of your arms, buttocks and thighs for a few minutes each, working in total for about 10 minutes.

Mindfulness: Ten minutes of bringing your attention to your body, sensing it and accepting the feelings that arise, without fighting back.

Changing your routine: Reduce exposure to cues by changing your activities when regular smoking habit occurs. For example, take a different route to work, different place for coffee.

Talk: When you talk with someone you get distraction from cues; for example picking up the phone, visiting a friend.

Imagery: Use virtual reality programmes or imagine that you are crushing cigarettes.

Why smoking is not good

A cigarette contains more than 4000 chemicals. More than 80 have been identified as high causes of cancer. We all know that smoking is bad for your health, and recent research supported this.

Every year, smoking after your mid-30s loses on average three months of life.

What gives you the best chance of quitting?

In 2016, 15.8% of the adult population smoked, which equates to around 7.6 million in the population. - nearly half of them tried to stop; unfortunately not many succeeded. People have tried different routes to quit: without help, bought NRT from chemists or supermarkets, prescription from GPs or used NHS Smoking Cessation Services and medication. Smoking Cessation Support + medication enhances your chance of quitting four times more.

What is a Smoking Cessation Adviser?

A Smoking Cessation Adviser is a trained person who supports you on your journey to quit.

What can I do to remain an ex-smoker?

- Remind myself that there is no such thing as "just one" cigarette
- Take each day at the time
- Remind myself why I decided to quit and what the benefits are
- Develop relationships; for example family, friends and community
- Learn new things; for example dancing, languages, recipes, new hobbies
- Be active: walk, go to the gym, play football, go swimming
- Remind myself that there is a helpline that I can call

Medication - what is available?

NRT products come in different forms: gum, patches, inhalers, microtabs, lozenges and nasal sprays. If you have tried to quit in the past, NRT might be one of the methods that you have used. Every year new NRT products appear on the market. These have improved in tolerance, taste and time of nicotine delivery. It might be difficult to distinguish between all of them. It is very important to use them correctly to get the most benefit out of them. A Smoking Cessation Adviser can help you find out what is available and how to use it correctly so that you can decide what works best for you.

Zyban is a treatment that changes the way your body responds to nicotine.

Varenicline (Champix) is very effective in reducing the craving and reward effect of smoking. Use it with caution if you have a mental health illness. Zyban and Varenicline are medicines that do not contain nicotine. It is available on prescription. The decision to prescribe Zyban and Varenicline must be made by a GP as a full medical history has to be taken in account.