

YOU ARE UP TO 4 TIMES MORE LIKELY TO QUIT WITH OUR HELP

- Free service
- One to one consultation
- Personalised quit plan and advice on how to stop smoking
- Contact a clinic near you

Local Contact

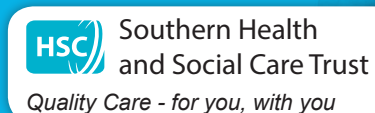
To receive an appointment near you



Southern Trust Stop Smoking Service

Tel: 028 3756 4400

Email: stop.smoking@southerntrust.hscni.net



Information Leaflet

Want to increase your
chances for stopping smoking?

The **FREE** Stop Smoking Service
can help you succeed



Stop Smoking Service, Promoting Wellbeing Division,
St. Luke's Hospital, Loughgall Road, Armagh, BT61 7NQ.

Stop Smoking Central Booking Service 028 3756 4400
stop.smoking@southerntrust.hscni.net

STOP Smoking Clinic

What happens at the Stop Smoking Clinic?

You will be seen by a Stop Smoking Specialist, who will work through an individual quit plan to help you stop smoking and strategies to help you on a daily basis.

How do I make an appointment?

Contact us by telephone, email or fill in the slip on the next page. Contact details on the back of this leaflet.

At your appointment

What support will I need?

You will receive 1-1 support; face to face and by telephone contact and given follow up appointments to suit the support you require.

What products are available to help?

Various methods of quitting will be discussed at your appointment such as Nicotine Replacement Therapy products and Champix.

When do I set my quit date?

You can set your quit date when you are ready to stop smoking. This may not be at your initial appointment.

What you save if you stop smoking

| Cigarettes per day | 1 Day | 1 Week | 1 Month | 1 Year | 5 Years |
|--------------------|-------|--------|---------|--------|---------|
| 5 | £2.50 | £17.50 | £70 | £840 | £4,200 |
| 10 | £5 | £35 | £140 | £1,680 | £8,400 |
| 20 | £10 | £70 | £280 | £3,360 | £16,800 |
| 30 | £15 | £105 | £420 | £5,040 | £25,200 |
| 40 | £20 | £140 | £560 | £6,720 | £33,600 |

based on £10 per packet

Health benefits of stopping smoking

| Health Benefits of stopping smoking | | |
|-------------------------------------|------------|--|
| After | 20 Mins | Blood pressure and pulse return to normal. |
| After | 8 Hours | Nicotine and carbon monoxide levels in the blood reduce to half. Oxygen levels return to normal. |
| After | 24 Hours | Carbon monoxide will be eliminated from the body. |
| After | 48 Hours | There is no nicotine left in the body. |
| After | 3-9 Months | Coughs, wheezing and breathing problems improve as lung function increases. |
| After | 1 Year | Risk of a heart attack falls to half that of a smoker. |
| After | 10 Years | Risk of lung cancer falls to half that of a smoker. |

To make an appointment

Name

Telephone Number

Address

.....

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First language



**Stop Smoking Service, Promoting Wellbeing Division,
St. Luke's Hospital, Loughgall Road, Armagh, BT61 7NQ.**

