

We all know that smoking is harmful, but this doesn't make it any easier to quit. That's because most people who smoke become addicted to nicotine, the addictive chemical found in tobacco. Although nicotine is very addictive, it is relatively harmless.

However, by feeding an addiction to nicotine using tobacco/cigarettes, you are inhaling carbon monoxide, tar and toxic chemicals which are very harmful to your health.

**The good news is that, with a combination of nicotine replacement therapy and behavioural support, you are 4 times more likely to succeed than trying to quit alone!** We can provide you with 'clean nicotine' to help with your addiction and any withdrawal symptoms you might experience and support you through this.

**Being in a smoke-free environment is a great opportunity to quit for good, so let's get started!**

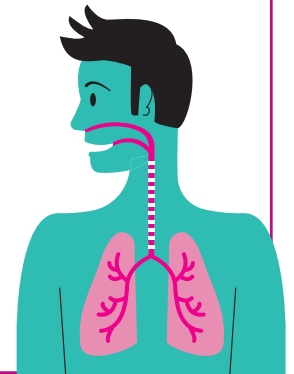
## Why should I quit?

**When you stop, you give your lungs a chance to repair and you will be able to breathe easier. Some of the positive health improvements start right away!**

Stopping smoking can help you live life to the full. You'll feel fitter and more able to walk or take part in physical activity. This in turn can benefit your mental health and wellbeing. Other benefits include improved sense of taste and smell, better looking hair, skin and teeth.

You'll notice an improvement in the symptoms of smoking related diseases such as Chronic Obstructive Pulmonary Disease (COPD) and many other illnesses.

People find quitting smoking an empowering experience which can lead to greater confidence and self-esteem.



## What are your triggers?

Triggers are things that give you the urge to smoke. They can be:



Social situations



Emotions (stress)



Habits (driving)



Sights (lighters)



Smells (smoke)



Tastes (coffee, alcohol)

Knowing your triggers helps you to prepare for when you are likely to experience cravings. Over time you will get better at dealing with these situations.

## What is Nicotine Replacement Therapy NRT?

NRT is a group of stop smoking treatments that provide a temporary, 'clean' substitute for the nicotine that you receive from cigarettes.

NRT delivers nicotine without the other harmful toxins found in tobacco.

NRT can help to reduce withdrawal effects and urges to smoke by giving you doses of nicotine in a safe way.

Combination NRT (2 products) can improve your chance of quitting over single NRT (1 product).

NRT should be used regularly, especially at first, not just 'now and then'. Take doses as prescribed.

NRT should be used for at least 8-12 weeks for the best chance of stopping smoking for good.

Most people relapse and start smoking again due to not using enough NRT or not using it for long enough.

the **Best Care**  
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Find freedom from nicotine addiction with our support

✉ [ghn-tr.tobaccofree@nhs.net](mailto:ghn-tr.tobaccofree@nhs.net)

## Coping with withdrawals

**Nicotine releases a feel-good chemical in the brain called dopamine. Because your brain is used to this, when you stop, less dopamine means you may feel tired, irritated, restless, anxious or unable to concentrate as well. You may get cravings, which only last a few minutes in reality, although this can feel like a lifetime at first.**

Within 72 hours, the supply of nicotine in your blood is gone and suddenly your brain isn't getting the nicotine you crave.

Giving your brain time to lose these receptors is a big part of the quitting process. Your cravings will become less and less over time. This process is usually well underway by your 2nd or 3rd week, and by 3 months your brain chemistry should return to normal.

## E Cigarettes and Vaping

Research shows that when combined with behavioural support, vaping is an effective quit aid to help people to stop smoking.

In the short and medium term, vaping poses a small fraction of the risks of smoking. E-liquid doesn't contain the harmful chemicals such as tar and carbon monoxide like tobacco do.

However, vaping is not risk-free, particularly for young people or those who have never smoked.

Current evidence shows that vaping is far safer than smoking tobacco.

## Healthy Lifestyles Service

You can get free personalised support from HLS Glos to help with stopping smoking.

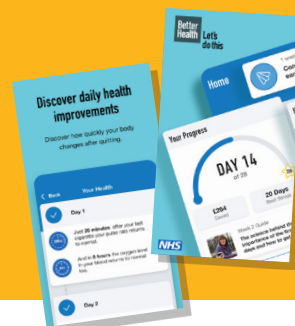
[www.hls.glos.org](http://www.hls.glos.org)

0800 122 3788

## 7 Tips to quit smoking

- 1 If possible, avoid going to places where you often smoked before. When you visit these places, your mind will automatically crave a cigarette.
- 2 Try to replace the habit of smoking a cigarette with a new healthy habit. When you have the urge to smoke do something else in the moment.
- 3 Believe in yourself; from now on you can think of yourself as a non-smoker.
- 4 Reward yourself with things you enjoy.
- 5 Remind yourself of the reasons for quitting smoking.
- 6 Destress your life as much as you can; give yourself breaks.
- 7 Keep your hands and mouth busy (chewing gum, using a fidget toy or stress ball etc).

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GHPI1776\_06\_23  
Review due: June 2026  
[www.gloshospitals.nhs.uk](http://www.gloshospitals.nhs.uk)



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