

## What are the benefits of giving up smoking?

- The health of your body and mouth should start to improve considerably
- Your breathing should become easier
- It reduces the risk of fatal diseases
- Your breath will smell fresher
- You won't get any additional cigarette-related staining of your teeth
- Your sense of smell and taste will improve greatly
- It reduces the risk for others, caused by second hand (passive) smoking
- You will save money

## How can I quit smoking?

The nicotine in cigarettes is an extremely addictive substance and, because of this, breaking a smoking habit isn't easy. However, quitting smoking will be an important step in improving your oral and overall health.

There are many different nicotine replacement therapy products (NRT) to help you quit smoking such as:

- nicotine chewing gum
- patches
- nasal sprays
- inhalers
- lozenges

## Potential withdrawal symptoms

Smoking tobacco causes lasting changes to the brain and people who smoke are used to regular doses of nicotine. When the nicotine levels are reduced, the following withdrawal symptoms can occur:

- Depressed mood
- Irritability and restlessness
- Difficulty concentrating
- Increased appetite
- Weight gain
- Mouth ulcers
- Coughing
- Constipation

These symptoms should only last a few weeks and improve with time; however, increased appetite can last a little longer.

## Top tips for stopping smoking

1. When setting your quit date, try and choose a realistic time to quit. It will help if you ensure you do not have any cigarettes or lighters/matches around you.
2. Remember the reasons you started your quit attempt, for example for health, financial or family reasons

3. Practice your coping mechanisms. If you usually smoke a cigarette at a certain time, make sure that you keep yourself busy during these times, for example, go for a walk or talk to friends or family for support.
4. Be prepared for withdrawal symptoms and research into what to expect. This will make symptoms easier to manage and not be so off-putting. (Remember, they are only temporary!)
5. Remember the 'no puff rule' for a successful quit attempt. There is no such thing as just one cigarette.
6. When using any nicotine replacement therapy products, be aware of the side effects and be sure to follow the correct dosage instructions and complete the course. If you experience any problems, contact your GP.

There is no evidence that using one method of nicotine replacement is more effective than any other.

However, there is strong evidence to show that using a combination of nicotine replacement therapies and receiving behavioural support is the most successful way to stop smoking.

There are various routes to getting help with quitting smoking, such as through your GP or our tobacco dependency advisor here at the Trust.

Contact our tobacco dependency advisor:

**Email:** [qvh.smoking-cessation@nhs.net](mailto:qvh.smoking-cessation@nhs.net)

**Phone:** 01342 414000 x6615

You can also visit the NHS Quit Smoking website

[www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)

or call the free National Smokefree Helpline on 0300 123 1044.

## Advice on stopping smoking

If you'd like to find out how you can support QVH, please visit [www.supportqvh.org](http://www.supportqvh.org)



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