



Want 2  
stop!

# Quit plan

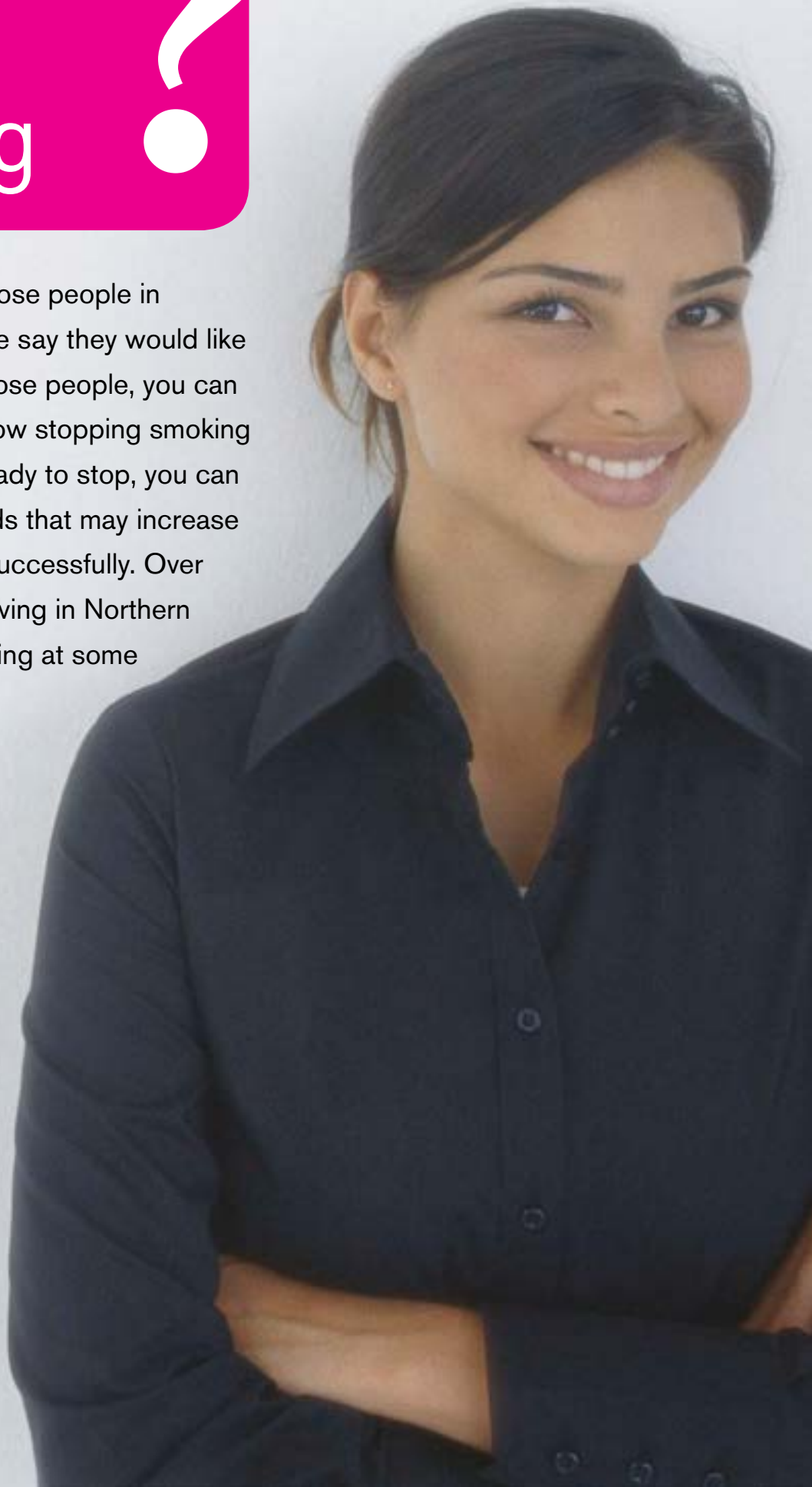
Your free guide  
on how to stop  
smoking

[www.want2stop.info](http://www.want2stop.info)

# Thinking about stopping



Around three quarters of those people in Northern Ireland who smoke say they would like to stop. If you are one of those people, you can use this guide to find out how stopping smoking can benefit you. If you're ready to stop, you can find out about cessation aids that may increase your chances of stopping successfully. Over 250,000 people currently living in Northern Ireland have given up smoking at some point in their lives.



# Find out how much money you can save by stopping smoking



Cigarettes per day	1 day	1 week	1 month	1 year	5 years
5	£ 2.00	£ 13.97	£ 59.85	£ 728.18	£ 3,640.88
10	£ 3.99	£ 27.93	£ 119.70	£ 1,456.35	£ 7,281.75
20	£ 7.98	£ 55.86	£ 239.40	£ 2,912.70	£ 14,563.50
30	£ 11.97	£ 83.79	£ 359.10	£ 4,369.05	£ 21,845.25
40	£ 15.96	£ 111.72	£ 478.80	£ 5,825.40	£ 29,127.00

Based on £7.98 for a pack of 20 cigarettes (from 20 March 2013)

1 cigarette = £0.399

[www.the-tma.org.uk/tma-publications-research/facts-figures/uk-cigarette-prices/](http://www.the-tma.org.uk/tma-publications-research/facts-figures/uk-cigarette-prices/)

# Health and other benefits

**Better all-round health – stopping smoking reduces the risk of 50 different illnesses and conditions, including heart attack and lung, breast and throat cancer**



**Risk of cancer drops with every year of not smoking**



**Enjoy improved fitness and easier breathing – be better at sports and getting up stairs**



**Risk of a heart attack drops by 50% one year after you stop smoking**



**Live longer – one in two long-term smokers die early and lose about 16 years of life**

**Have lots of money to spend on other things – smoking 20 a day costs over £2,900 a year**



**Set a good example to children – don't be a smoking role model**



# Health and other benefits



**Better chance of having a healthy baby**

**Fresher smelling breath, hair and clothes, and no more cigarette smell around the house**



**Food and drink tastes better**

**Better skin and complexion and less chance of early wrinkles**



**Work easier – less time spent outside**



**Get back full control – no more craving or being distracted when you are not smoking or not able to smoke**



**Travel on trains, aircraft, buses will be easier**



**Your own personal reason**

**Help improve the environmental impact of tobacco growing**

# Ready to stop

## How addicted are you?

Complete the six questions below to work out how dependent you are on cigarettes.

Question	Possible answers	Score
How many cigarettes a day do you usually smoke ?	10 or less	0
	11 to 20	1
	21 to 30	2
	31 or more	3
How soon after you wake up do you smoke your first cigarette?	Within 5 minutes	3
	Within 30 minutes	2
	More than 30 minutes	0
Do you find it difficult to stop smoking in non-smoking areas?	No	0
	Yes	1
Which cigarette would you most hate to give up?	First of the day	1
	Other	0
Do you smoke more frequently in the first hours after waking than the rest of the day?	No	0
	Yes	1
Do you smoke if you are so ill that you are in bed?	No	0
	Yes	1

### 7-10 High dependence

You have a high level of nicotine dependence. Although stopping smoking will be challenging, the good news is that a wide range of help is available. NRT products such as patches and gum will help you deal with withdrawal symptoms. Non-nicotine medications such as Champix and Zyban have been proven to help people stop smoking – discuss these products with your GP. There are also lots of smoking cessation services available across the country. Check the homepage for details.

### 4-6 Moderate dependence

You have moderate nicotine dependence. A wide range of resources to help you stop smoking are available. NRT products such as patches and gum will help you deal with withdrawal symptoms, and can be used according to your smoking routine. Non-nicotine medications such as Champix and Zyban have been proven to help people stop smoking – discuss these products with your GP. There are also lots of smoking cessation services available across the country. Check the homepage for details.

### 0-3 Low dependence

Although your score indicates lower dependence on nicotine, you are still likely to experience withdrawal symptoms when trying to stop smoking. A lot of help is available. NRT allows you to choose a product that best suits your smoking routine, perhaps gum or lozenges if you smoke when socialising, or a patch if you smoke more regularly. There are also lots of smoking cessation services available across the country. Check the homepage for details.

#### Score

Maximum 10 Minimum 0

- 0-3 Low dependence
- 4-6 Moderate dependence
- 7-10 High dependence

# Ready to stop

## Nicotine replacement therapy (NRT)



### Nicotine gum

Nicotine released from chewing NRT gum is absorbed into the bloodstream from the lining of the mouth.



### Nicotine inhalator

It may provide a substitute for the hand to mouth habit of smoking. Despite its name, nicotine from the inhalator is not inhaled into the lungs; it is absorbed mainly by the lining of the mouth from the plug in the mouthpiece that contains nicotine.



### Nicotine lozenges

NRT lozenges are available in various flavours and strengths. They are sucked slowly to release nicotine.



### Nicotine mouth spray

Nicotine mouth spray is available as a small pocket-sized container. The nicotine quickly absorbs into the body through the lining of the mouth, rapidly relieving the urge to smoke before you act on it.



### Nicotine nasal spray

Nicotine nasal spray delivers nicotine faster than any other type of NRT, through the lining of the nose.



### Nicotine patches

The nicotine patch releases a controlled daily amount of nicotine into the skin. It produces lower levels of nicotine than smoking, but these are high enough to prevent withdrawal symptoms.



### Nicotine tablets

A discreet and flexible form of NRT, the tablet is placed under the tongue, where it slowly disintegrates within 30 minutes.

# Ready to stop

## Non-nicotine medications for smoking cessation

If NRT has failed in the past, a prescription medication may help your quit attempt. There are two options available, varenicline and bupropion. Varenicline is commonly known by the brand name 'Champix' and bupropion by the brand name 'Zyban'. Research has shown that Champix is more successful than Zyban at helping people quit and also has fewer side effects. Because of this, HSC-funded services in Northern Ireland are advised to consider Champix before Zyban when an alternative to NRT is required.\* This will depend on your own individual case as not all medications are suitable for everyone. You should discuss this with your GP or smoking advisor. Always read the manufacturer's instructions carefully before using these products.

### Champix

Champix is only available on prescription. Studies have shown that using Champix makes you three times more likely to quit successfully than using no help at all.

It works by:

- blocking the full effect of smoking so that you don't get the same satisfaction;
- helping relieve withdrawal symptoms.

It is recommended that Champix is prescribed as part of a programme of behavioural support.

According to scientific studies, the number of people who stop smoking with Champix is greater than with Zyban, and there is a lower risk of serious side effects. A smoker should usually start using Champix one week before their quit date. The full course lasts 12 weeks.



Champix is not recommended for:

- people under 18 years of age;
- women who are pregnant;
- people with end stage renal disease.

If you are breastfeeding, you should discuss with your doctor the benefits and risks associated with using Champix.

If you are interested in using Champix as a smoking cessation aid, speak to your GP or staff at your nearest smoking cessation clinic.

### Zyban

It can be used by adults who are committed to quitting and have set a quit date. It is only available on prescription. It works by reducing the urge to smoke and other withdrawal symptoms.



A smoker should start using Zyban one to two weeks before their quit date to allow their body to build up the appropriate levels of the medication.

The medication is usually taken for up to 12 weeks.

Zyban is not suitable for pregnant or breastfeeding women, or anyone under 18. Zyban is also not recommended for anyone with epilepsy or a history of seizures.

If you are interested in using Zyban as a smoking cessation aid, speak to your GP or staff at your nearest smoking cessation clinic.

\*Northern Ireland Formulary 2012



# Ready to stop

## Stop smoking services

Stop smoking services provide specialist support for people who want to quit. Staff delivering these services are specially trained so you get the advice that best suits you.

In Northern Ireland, these services are available mainly through GP practices and pharmacies, although some voluntary or community organisations may also provide stop smoking services. There are around 600 of these services available locally.

The format of most services is:

- an appointment before you quit to help you prepare and choose a quit date;
- a quit date appointment;
- weekly appointments until at least four weeks after the quit date.



## Medication

The specialist staff delivering the services will discuss the different types of stop smoking aids available, such as NRT, Champix and Zyban, and help you decide which would be most suitable. To find out more about these medications, contact your nearest stop smoking service.

Using medication to help you quit can make you two or three times more likely to be successful, depending on which option you go for.

## Support

Stop smoking services also provide counselling to help you quit. This can either be on a one-to-one basis with specially trained staff, or as a group where you receive counselling along with others trying to quit.

- **Individual support** – This is counselling delivered by someone specially trained to help people stop smoking. It may be a GP, practice nurse, pharmacist or other health professional. They will give you practical advice and support without being judgemental.
- **Group support** – Group support sessions are a great opportunity to meet people going through a similar situation and share experiences. Some people may be put off by the idea of attending a group, but people who have attended have described them as enjoyable social occasions where they have learned a lot from others on how to tackle issues associated with stopping smoking.

Receiving support from a specialist, either individually or as part of a group, can more than double your chances of quitting successfully.

By using stop smoking services, you can combine medication and support, thus maximising your chances of quitting.

Evidence shows that patients who use NRT and receive specialist stop smoking support quadruple their chances of successfully quitting.





(Fast Fact – Smoking Cessation by Robert West and Saul Shiffman, 2004)

# Know your triggers

## What triggers your smoking habit?



It may help you stop smoking if you are more aware of what triggers you to light up. Once you have identified your triggers, you can try some of the alternatives we've suggested each time you feel the urge to smoke.

Tick the comment that best describes your smoking pattern and use the table to draw up your own list of tips to avoid the triggers.




At home				
Trigger	Alternative	Does not apply	Applies	Strongly applies
<b>After waking up</b> 	<ul style="list-style-type: none"><li>• Spend five minutes longer in bed or shower rather than having a smoke</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>After breakfast</b> 	<ul style="list-style-type: none"><li>• Drink water</li><li>• Chew gum</li><li>• Clean your teeth</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>After meals</b> 	<ul style="list-style-type: none"><li>• Chew sugar-free gum</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Watching television</b> 	<ul style="list-style-type: none"><li>• Drink water or fruit juice</li><li>• Chew sugar-free gum</li><li>• Use a stress ball as a substitute for something in your hand</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Using the computer</b> 				

# Know your triggers

## At work

Trigger	Alternative	Does not apply	Applies	Strongly applies
<b>On the way to work</b> 	<ul style="list-style-type: none"><li>Take a different route to help change your routine</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tea break</b> 	<ul style="list-style-type: none"><li>If in work, don't go outside for tea break</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Lunch break</b> 	<ul style="list-style-type: none"><li>Go to places where you can't smoke</li><li>Have lunch with people who don't smoke to avoid temptation</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Leisure time

<b>When driving</b> 	<ul style="list-style-type: none"><li>Chew gum</li><li>Listen to music</li><li>Buy a new freshener for your car to get rid of the cigarette smell</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>When drinking/socialising</b> 	<ul style="list-style-type: none"><li>Ask smoking friends not to smoke around you</li><li>Don't go outside with friends who smoke</li><li>Don't drink too much, so you don't lose focus</li><li>Ask a non-smoker in your group to help you avoid smoking</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>After playing sports</b> 	<ul style="list-style-type: none"><li>Think about how much you can improve your fitness by not smoking</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Know your triggers

## Personal emotions

Trigger	Alternative	Does not apply	Applies	Strongly applies
<b>When stressed/ worried</b>  <b>To relax or unwind</b>	<ul style="list-style-type: none"><li>• Talk to friends or family</li><li>• Have a relaxing bath and pamper yourself</li><li>• Go for a walk in the fresh air</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>When bored</b> 	<ul style="list-style-type: none"><li>• Try a new hobby</li><li>• Exercise</li><li>• Speak to friends or family</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>When depressed</b> 	<ul style="list-style-type: none"><li>• Speak to friends or family</li><li>• Pamper yourself</li><li>• Exercise</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>When angry</b>  <b>After an argument</b>	<ul style="list-style-type: none"><li>• Go for a walk in the fresh air to calm down</li><li>• Exercise or play a computer game to get rid of frustration</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>To celebrate</b> 	<ul style="list-style-type: none"><li>• Ask smoking friends not to smoke around you</li><li>• Don't go outside with friends who smoke</li><li>• Don't drink too much, so you don't lose focus</li><li>• Treat yourself to something other than a cigarette, such as a nice meal</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Withdrawal

Smoking feels pleasurable, but much of the pleasure is relief of withdrawal from nicotine.

Nicotine withdrawal may make you restless, irritable, frustrated, sleepless, or accident prone – but these things will pass and you will quickly start to feel the benefits of stopping smoking.

Nicotine is an addictive substance. In fact, experts have said the nicotine in cigarettes can be as addictive as heroin or cocaine. Withdrawing from any drug is bound to cause side effects and nicotine is no different. If you know what to expect and are prepared for it, it will help you get through the withdrawal phase. The withdrawal phase is not likely to last more than four weeks.

Remember there is plenty of help available to help take the edge off nicotine withdrawal and cravings.

Here are some tips to help you through this stage:

- NRT patches release controlled amounts of nicotine into the body to help with withdrawal symptoms;
- NRT nasal spray delivers nicotine into the body faster than any other type of NRT;
- you can use a combination of NRT products, such as a patch for during the day, and gum or lozenges to help in social situations;
- by using stop smoking services, you will get access to NRT or other medications and receive one to one support to help you stay focused;
- tell friends and family that you're trying to stop smoking as they can support you when you need it;
- once you get through the initial withdrawal stage, things should get easier.

