

NHS Lanarkshire  
**Stop Smoking Service**

**It works!**

**Call 08452 17 77 07**

OR

**Text 'Advice' to 81066**

**Hospital Patients/Staff**

*Hairmyres: 01355 585502*

*Monklands: 01236 712779*

*Wishaw General: 01698 366466*

For further copies of this leaflet  
or if you would like this  
leaflet translated into another  
language, please contact us at:

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[www.nhslanarkshire.org.uk](http://www.nhslanarkshire.org.uk)

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Service**

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Support and treatment proven  
to help you quit.

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For more information, visit:  
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## Why Stop Smoking?

Smoking can reduce your lifespan by ten years. Think about what you could do with all that time.

You could spend more time with your family and friends, maybe take up a new hobby or go on that holiday you always wanted. There's a lot you can do in a decade.

Stop smoking now and you have a chance to reduce the harm caused to your body.

You have a chance to reduce your risk of serious illnesses such as cancer, stroke and heart disease. It's not a myth. Half of smokers in Scotland will die prematurely as a result of smoking-related diseases.

And how about the extra cash? Smoking 20 cigarettes a day costs you over £1800 a year. Think about what you could do with that money.

**Smoking owes you time and money. It owes you good health and a chance to live your life to the full. Don't just stop smoking – stop wasting your time.**

Want to quit smoking? You don't have to do this on your own. NHS Lanarkshire's Stop Smoking service is here to help you.

### What support is available?

- Stop Smoking groups in the community.
- One-to-one support.
- Stop Smoking assistance for patients in Monklands, Hairmyres or Wishaw General Hospital.

### What happens at a Stop Smoking group?

Stop Smoking groups are the most effective way to quit smoking with help from Stop Smoking Advisors and other quitters. Groups are available weekly and nicotine replacement therapy and Varenicline are available free from the advisors.

The first meeting involves discussing nicotine addiction, smoking routine and habits as well as group members sharing ways to quit smoking. The Stop Smoking Advisors will also test the carbon monoxide levels in your breath to monitor your progress and keep you motivated.

## Our Experiences



*"I enjoy the Stop Smoking group as it's sociable and we all keep each other motivated. Everyone at the group is going through the same experience and I didn't want to let them down by starting to smoke again."*

Denise Doherty from New Stevenson



*"I used to smoke 40–60 cigarettes a day until I went to my local Stop Smoking group. Some of my pals have stopped smoking too after seeing that I could do it, so I am glad that my experience has helped others and proves that it can be done."*

Richard Jack from Bothwell

**Even if you are just thinking about stopping smoking, you've taken that first step. Take the next step and contact your local Stop Smoking service.**