

## What is my Treatment Plan?

## What is my follow up after I go home?

### Where can I turn to if I need help?

The University Hospitals Birmingham NHS Foundation Trust has a dedicated tobacco addiction treatment team who can:

- ✓ Help supply you with nicotine withdrawal management medications whilst in hospital to help with your cravings.
- ✓ Arrange for a referral out into a community stop smoking service for ongoing support once you are discharged.
- ✓ Visit you at bedside if required for a face-to-face consultation and provide further advice.

### Telephone Support:

The in-house tobacco addiction treatment team can be contacted on

**Call 07880 071 209**

#### Email:

tobaccoaddictioncureteam@uhb.nhs.uk

#### Phone Apps:

Quit With Bella App,  
NHS Smoke Free & Stoptober Apps



## The Tobacco Addiction Treatment Programme

**NHS**  
University Hospitals Birmingham  
NHS Foundation Trust

## A helping hand to stop smoking

An information leaflet for smokers

### Where can I turn to if I need help?

This hospital has a dedicated tobacco addiction treatment team who can:

- Help supply you with nicotine withdrawal management medications whilst in hospital to help with your cravings.
- Arrange for a referral out into a community stop smoking service for ongoing support once you are discharged.\*
- Visit you at bedside if required for a face-to-face consultation and provide further advice.

\* Ongoing support typically provides you with 12 weeks worth of medications / e-cigarettes + professional support to help you quit. All of which is free if you do not pay for your prescriptions.

### Why is smoking addictive?

Cigarettes contain nicotine which is a very addictive drug.

- Nicotine causes the release of relaxing, calming and feel good hormones in the brain.
- As the nicotine disappears after the cigarette is finished, the positive feelings also disappear.
- Without nicotine a smoker suffers negative feelings like agitation, anger & anxiety and this causes an intense craving for nicotine.
- The cravings and addiction to nicotine becomes very powerful over years of smoking.
- Addiction to nicotine is a disease and one that has very effective treatments.

## Reach out and receive help today:

**Call / Text: 07880 071 209**

**or Email:**

**TobaccoAddictionCureTeam@uhb.nhs.uk**

# What are the benefits to me if I stop smoking?

- > The risk of throat, oesophageal and bladder cancer drops 50%.
- > Risk of cervical cancer and stroke drops 12 hours after quitting.
- > The level of carbon monoxide in the blood drops to normal.
- > Enjoy a longer and healthier life.
- > Half of smokers die because of their smoking reduce your risk of having cancer.
- > Smoking causes 16 different types of cancer.
- > Reduce your risk of heart attack or a stroke Improved blood circulation.
- > Less risk of leg ulcers, blocked blood vessels and amputation.
- > Improved mental health.
- > Stopping smoking reduces anxiety and depression.
- > Reduce your risk of suffering infection.
- > Helps your body heal better after surgery.
- > You will have more money.
- > Smoking 20 cigarettes a day costs nearly £3,000 a year.
- > You will smell and taste things better as well as smell fresher!



## What are the benefits to me if I stop smoking?



## What options are there to help me stop smoking?

Smokers are four times more likely to stop smoking for good with the help of medications and specialists.

Both are readily available at this hospital.

### Nicotine Replacement Therapy

Nicotine is a safe drug and smokers cannot overdose on it. It is important to use a high enough dose of nicotine replacement to match the amount that cigarettes were giving the smoker. Nicotine replacement therapy is a safe way for a smoker to have nicotine without cigarettes. It relieves cravings for nicotine. It can be given in lots of different ways like nicotine patches on the skin plus nicotine lozenges & chewing gum. It must be remembered that cigarettes are very good at delivering a large 'hit' of nicotine into the body very quickly and nicotine replacement therapy cannot deliver the same 'hit' quite as well as cigarettes can. It is therefore very important to use nicotine replacement in high doses and very regularly to ensure the user gets enough nicotine to satisfy the cravings.

Nicotine is a safe drug and smokers cannot overdose on it. It is important to use a high enough dose of nicotine replacement to match the amount that cigarettes were giving the smoke.



### E-cigarettes & Vapes

'E-cigarettes' contain nicotine liquid. This liquid is heated to make a vapour and is referred to as vaping. There is no tobacco in e-cigarettes and so there are significantly less of the harmful chemicals compared to cigarettes. E-cigarettes can help smokers get their nicotine in a less harmful way. E-cigarettes are not currently available for prescription or use in hospital but can be purchased from licensed sellers on discharge from hospital. Nicotine Replacement Therapy Varenicline E-cigarettes

