

Overcoming Nicotine Addiction

Taking the first step

Information for patients, relatives, carers and staff

Why is cigarette smoking addictive?

Nicotine is present in tobacco. When nicotine enters the body it triggers pleasure receptors in the brain. Your brain links smoking with feeling good. As more nicotine enters the body more receptors are created.

When you do not have a cigarette for a while the nicotine receptors become empty leading to increased craving and withdrawal symptoms.

Nicotine withdrawal causes:

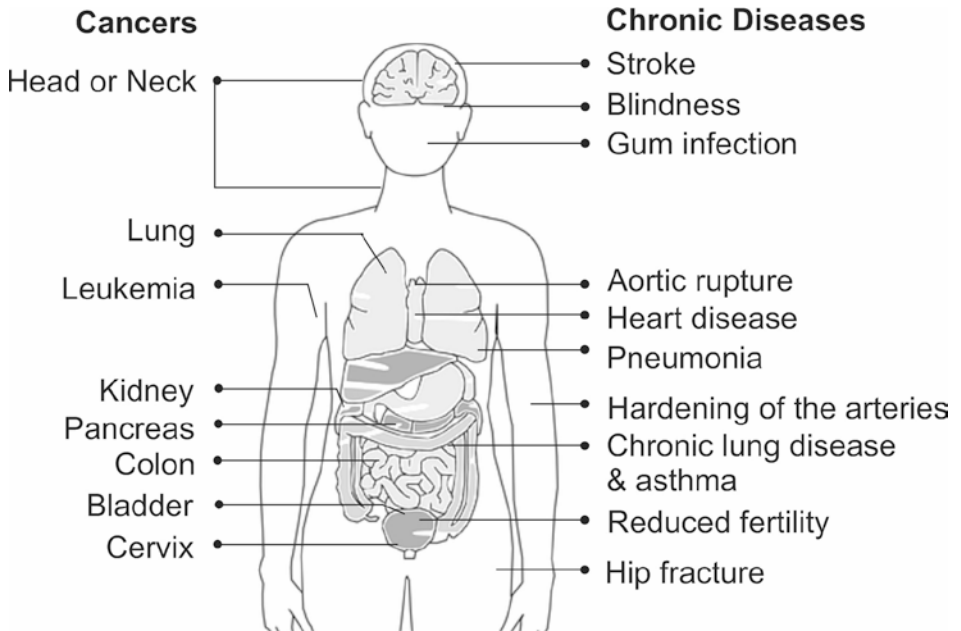
- Headaches
- Nausea
- Sweating
- Anxiety/ restlessness
- Anger / short temper
- Difficulty sleeping (insomnia)

The brain's natural response is to manage this by stimulating you to have a cigarette. This biological pathway is the reason why it is so hard to stop smoking with "will power" alone, although that plays an important part.

Why is smoking harmful/ why do healthcare professionals keep advising me to stop?

1. Cigarette smoke contains hundreds of chemicals and many of these are known to be toxic to the human body.
2. Smoking is the number one cause of preventable disease, killing approximately 80 000 people in England every year - more than the capacity at Old Trafford stadium.

Smoking can damage every part of the body



3. Smoking affects the health of the smoker as well as the people around them - think of your loved ones.
4. The chemicals contained within cigarette smoke cause multiple different cancers and illnesses affecting virtually every organ in the body.
5. An average smoker spends £1500 per year on cigarettes. This could make all the difference to you or your family's finances.

Electronic cigarettes

The long term health effects are currently unknown but are felt to be safer than cigarettes. There have been reports of significant lung damage related to their use.

Non-smokers are strongly advised **not** to commence e-cigarettes. They are only recommended as a tool to help people stop smoking. With this in mind the Trust allows electronic cigarettes to be used on site but only outdoors.

Why get help to stop?

Local advisors provide expert advice, support and encouragement to help you give up smoking for good.

You are **four** times more likely to quit with the help of stop smoking services.

Nicotine may be addictive but it isn't harmful.

Appropriate nicotine replacement (NRT) avoids the withdrawal symptoms without the risks.

NRT is recommended and prescribed for people who smoke and are admitted to the Trust. This is to avoid withdrawal and/or support long term cessation.

How do you access stop smoking services?

Your local stop smoking service is based on which council you pay tax to.

You can self-refer using the contact details on the next page. A member of staff can refer you by telephone or using the referral form available on the Trust intranet.

City of York: Yorwellbeing

01904 553 377

www.yorwellbeing.org.uk

East Riding of Yorkshire: Your Health Trainers

0800 9177752 or text QUIT to 60163

www.nhs-health-trainers.co.uk/services/east-riding-of-yorkshire/stop-smoking/

North Yorkshire County Council:

Living Well Smokefree

01609 797 272

www.northyorks.gov.uk/stopping-smoking

NHS Smokefree website

The site allows you to search for services using a postcode and is useful for people resident elsewhere.

www.nhs.uk/smokefree

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
please contact Judith Norell, Community Respiratory Nurse/Respiratory Team Lead on 01904 726 448.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: access@york.nhs.uk

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