

Keep Yourself **healthy**



a guide to giving up smoking

This booklet will tell you about smoking and why it's good to **STOP!**



Many people still smoke cigarettes and use tobacco.



**Smoking can make you ill.
Giving up smoking is good for your health.**

Here are some of the illnesses you can get if you smoke cigarettes or pipes.



Cancer



Breathing problems



Heart disease



Mouth, throat, stomach and bowel problems

Some things to think about if you smoke



It makes you smell and your skin wrinkly.



People who don't smoke don't want you
smoking near them.



There are lots of places where smoking is not allowed.



It costs lots of money.

Your smoking can harm other people!

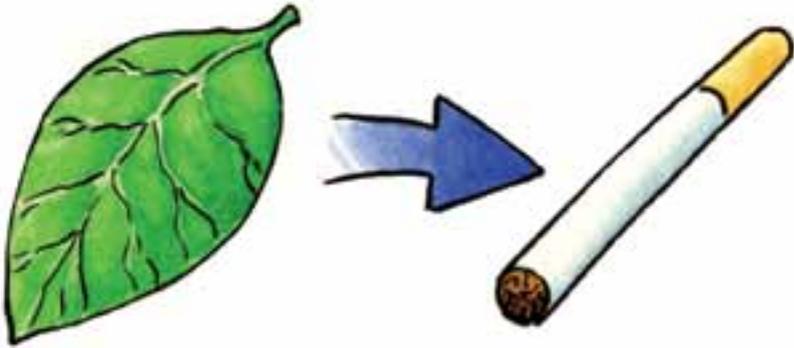


Smoking when you are pregnant can harm your baby.
Being in a smoky place might harm your baby.



Smoking near other people can make **THEM** ill.

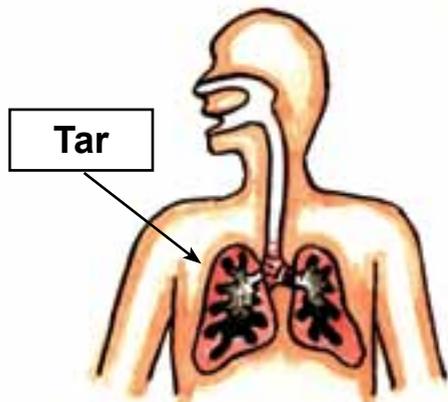
What is tobacco?



Tobacco is a leaf that is dried and crushed. It can be put into cigarettes, cigars and pipes or chewed.



Normal healthy lungs



Smoker's lungs

Tobacco has a drug in it called nicotine and also tar which is really dangerous to your health.



If you are a smoker, the nicotine in cigarettes makes you feel better. You want another cigarette to keep feeling better. Always wanting another cigarette is called being addicted to smoking.



When you stop smoking you may feel unwell for a few weeks, but then you will start to feel better.

Getting help to stop smoking

Do you really want to stop?

If you want to stop you need to make a plan.



When will you stop? Choose the best day for you.



Tell people you are stopping.

People can help you by not giving you cigarettes and saying "Well done!"



The day before you stop, get rid of your cigarettes, ashtrays and lighters.



Give yourself a treat when you stop smoking at the end of your first day, your first week and your first month.

Who else can help you stop smoking?

The doctor, practice nurse or chemist can help. They can talk with you about how you will feel when you stop smoking.

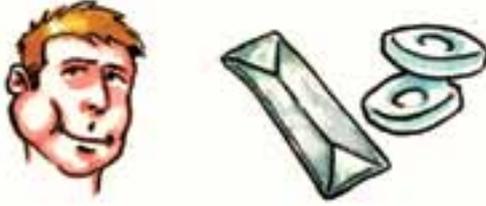


They can tell you about medicines you can get. There are Nicotine Replacement Therapies (NRT) which are things like patches, gum or tablets.



You use the Nicotine Replacement Therapies (NRT) over a few months and slowly stop. You will need help to plan how to use them.

Tips for stopping smoking



Sometimes it helps to suck mints or chew gum (try to get sugar free).



Keep busy, doing things.



Drink fruit juice and plenty of water.



Save your cigarette money for a treat.

It's really hard to stop smoking.

**If you start again don't worry, don't feel guilty.
Have a break and try again.**



**Remember, each day without a cigarette is great.
Say "well done" to yourself!**

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