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# No Smoking Day

## If you're ready to stop, here's how to do it:

If you smoke, or chew tobacco, you may know the damage it does – to your own health, your family's health, your finances, your environment. If you want to stop, here is some real help from No Smoking Day.

Set a date to stop, and start to prepare. Call a stop smoking helpline - they can give you information about free stop smoking centres in your area.

Your local pharmacist or your doctor can help you to stop smoking too, and give you information on treatments that can increase your chances of stopping:

### Nicotine Replacement Therapy (NRT)

This comes in several forms including patches and gum. It gently weans you off nicotine, reducing cravings while you change your habits. You can get NRT on prescription.

### Zyban® (bupropion)

This drug treatment changes your brain's response to nicotine. It makes smoking less pleasurable, reduces craving and can double your chance of stopping smoking for good. Ask your doctor for more information.

### Champix® (varenicline)

This is a new non-nicotine treatment that works by providing relief from cravings and withdrawal symptoms, and reducing the pleasure you get from smoking if you do smoke while using it. Studies have shown that it can increase the odds for stopping successfully by up to four times. Ask your doctor for more information.

If you prefer not to use drug treatments or attend clinics, you can get useful self-help information from the confidential stop smoking helplines – call them first!

### Helplines

Helplines offer free confidential advice and support

**England** 0800 434 6677

**Scotland** 0800 84 84 84

**Wales** 0800 085 2219

**Northern Ireland** 0808 812 8008

