

# Ashcroft Pharmacy

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## Opening Times

Monday to Friday - 9am - 5pm  
Saturday & Sunday - Closed

## Your FREE Healthy Living Leaflet for September 2020

1. What is Stoptober?
2. What is it based on?
3. How successful has it been?
4. Once you stop smoking how quickly does your pulse start to return to normal?
5. How quickly does your risk of a heart attack half compared to a smoker's?
6. What is the main reason people struggle to give up smoking?
7. What types of nicotine replacements are there?
8. Why should you tell people you are quitting?
9. How does physical exercise help?
10. What are you going to do if you have a potentially stressful event coming up?

## Be prepared to



## this October

**Answers on the bottom of page two**

### What is Stoptober 2020?

Stoptober is a 28 day stop smoking campaign run by Public Health England. It started in 2012 and since then it has driven over 1 million quit attempts. It is the biggest mass quit attempt in the country and is based on research that shows if you can stop smoking for 28 days, you are five times more likely to stay smoke free for good.

### Why should I stop smoking?

It is especially important this year for you to stop smoking because the coronavirus has such a bad effect on the lungs. The more damaged your lungs are the more likely you are to need ventilation to help you



breathe. So now would be a good idea to join thousands of other smokers who will sign up to quit on October 1<sup>st</sup>.

It is never too late to quit as your health will start to improve immediately. Within 20 minutes your pulse rate will start to return to normal, after 48 hours your body will have flushed out all carbon monoxide and your lungs will start to clear out mucus so your sense of taste and smell will improve.

After one year your risk of a heart attack will have halved compared to a smoker's, after 10 years your risk of death from lung cancer will also have halved compared to a smoker's and after 15 years your risk of a heart attack will be the same as someone who has never smoked. What's

more, research shows that you will be happier than those who continue to smoke.

## Why do I find it so hard to give up?

The main reason you smoke is because you are addicted to nicotine. However, there are now many forms of nicotine replacement (NRT) products and e-cigarettes that can provide you with nicotine without all the dangerous chemicals that are in cigarettes.



NRT provides you with a low level of nicotine which can help reduce the unpleasant withdrawal effects. Types of NRT which can help are skin patches,

chewing gum, inhalators, tablets, oral strips and lozenges and nasal /mouth spray. There is no evidence that one type of NRT is better than another but there is good evidence that using a combination is more effective than using a single product.

## I have decided to join Stoptober

Well done. You will give yourself the best chance of success by preparing properly. Once you have picked your quit date remember to add



it to your calendar and follow these tips:

- List your reasons for quitting so you can read it when you need support.
- Tell your family and friends you are intending to quit as it is easier with people supporting you. Ask them to check in on you and help distract you if cravings strike.
- Remember what worked - don't be put off if you've tried to quit before. You will have learnt a lot from that experience. Write down what worked well and keep a record

of your progress

- Use stop smoking aids as they increase your chances of quitting. We can help you with this.
  - Have a plan - if you have a potentially stressful event like a wedding or important day at work, think about how to avoid smoking and if you are using NRT or e-cigarettes make sure you have some with you
  - Change your routine - list your smoking triggers and plan how to avoid them.
  - Keep busy - when cravings come, go for a walk, play a game on your mobile or phone a friend. If you are using NRT or e-cigarettes use them as much as necessary to keep your cravings at bay.
  - Exercise away the urge. Go for a swim, to the gym or go for a short walk.
  - Learn from others - join the Facebook group for inspiration, support and advice.
- Don't forget to throw away all your cigarettes and paraphernalia because there is never "just one".



**For more information, support and/or to get some NRT, talk to one of our trained staff.**



Answers: Q1, It is the 28 day stop smoking campaign from Public Health England. Q2, It is based on the research that shows if you can stop smoking for 28 days you are 5 times more likely to stop for good. Q3, It has driven over 1 million quit attempts since its launch in 2012. Q4, 20 minutes. Q5, One year. Q6, Because they are addicted to nicotine. Q7, Skin patches, chewing gum, inhalators, tablets and lozenges, nasal and mouth sprays and e-cigarettes. Q8, Because it is easier when people are supporting you. Q9, It may reduce your nicotine cravings. Q10, Have a plan of what you will do if you are tempted to smoke.