






Topic 2 Keeping Healthy

Tips that may help you stop smoking

<p>Finding a buddy</p>	<p>Having a buddy can help support you making healthy changes, particularly when it's hard going, you can support them in the same way. This can be a relative, friend or work colleague. You may find a buddy in your local stop smoking group</p>	
<p>Going to a chemist</p>	<p>Pharmacists are a good source of advice if you are thinking of quitting smoking, they may know about local support. Most pharmacists offer stop smoking services.</p>	
<p>Stop smoking groups</p>	<p>This is a good way of quitting, ask your pharmacist or GP practice if there is a group in your area.</p>	
<p>Smokeline</p>	<p>This service is available 8am - 10pm, 0800 84 84 84 - 7 days a week, you can also chat on the Smokeline website. Smokeline advisers can guide you through what's helped other smokers, and help you work out what's most likely to work for you.</p>	
<p>Medication</p>	<p>Nicotine replacement therapies (NRT) are available as patches, dissolving tablets, gum, inhalators and nasal sprays. Some of these may be available on prescription, this may vary depending on your area. Talk to your pharmacist or GP if you need more advice.</p>	
<p>E-cigarettes</p>	<p>E-cigarettes contain nicotine and other chemicals, including formaldehyde. They are not licensed in the UK as a quit smoking product. Long term use may increase lifetime risk of cancer.</p>	