

## Getting Help

Nicotine Replacement Therapy (NRT), is now available on prescription and is clinically proven to be twice as effective as the cold turkey method of quitting.

NRT eases withdrawal symptoms while the smoker gets used to not smoking, and the dose is gradually reduced.

For best results, follow the instructions carefully and consult your pharmacist or GP if you are unsure about anything.



## Publications

A range of self help materials are available that provide information and advice on stopping smoking.

## Action Cancer's Smoking Cessation Course

- The course is designed for groups of smokers who wish to make a quit attempt and is available in workplaces, community organisations and youth settings, regionally and on the BIG BUS.
- The course lasts 6 weeks, meeting for 1 hour each time.
- A trained smoking cessation counsellor helps members explore their smoking behaviour, reasons for smoking and reasons for wanting to quit.
- Support received within the group setting also proves to be very useful in helping smokers to quit.
- Action Cancer also offers smoking cessation on a one-to-one basis.

## Action Cancer Provides...

### Early Detection

Early detection services can save lives. Action Cancer is the only charity in Northern Ireland to offer a clinic for men concerned about testicular or prostate cancer and a screening service for women.

### Cancer Research

Action Cancer provides support for Northern Ireland researchers working in the field of cancer. We fund research studentships and provide grants to researchers in local universities.

### Support Services

Therapeutic and information services are provided for patients and those close to them. We provide leaflets and information on cancer detection, prevention and treatments. We also provide complementary therapies, counselling and support to enhance quality of life.

Action Cancer is Northern Ireland's local cancer charity. All of the services we provide are confidential. We depend on public support to keep our services going.



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# Stop Smoking



## Cut the habit

# ACTION CANCER 28 DAY GUIDE TO STOPPING SMOKING



DAY 01

You are already experiencing the benefits and your heart rate and pulse have returned to normal.



DAY 02

Your body has now cleared itself of carbon monoxide.



DAY 03

Withdrawal is only your body craving nicotine – the symptoms will go away



DAY 04

Smoking is as much about habit as it is about nicotine intake. If you need to do something with your hands try cutting straws into cigarette shapes and inhale air.



DAY 05

If you are coughing it is because your lungs are clearing themselves of mucus.



DAY 06

Look forward to your smoke-free future. See yourself as the non-smoker you now are.



DAY 07

Fantastic, well done! Think about what you have achieved! Why not start a collection box for all the money you are saving.



DAY 08

Withdrawal can be unpleasant but it is only temporary. Think how much happier you will be when nicotine no longer controls your life!



DAY 09

Drink plenty of water – dehydration can make withdrawal symptoms worse.



DAY 10

You used to spend about 5-10 minutes smoking a cigarette. If you smoked 20 a day you have saved yourself 15 hours since you stopped!



DAY 11

With all that extra time and energy on your hands why not take up a new hobby?



DAY 12

Feeling stressed out? Count slowly to ten. Take a five minute holiday and go somewhere quiet to relax!



DAY 13

It may help to avoid places you normally smoke! Now that smoking is banned in public places this should make it easier.



DAY 14

Brilliant! Stay strong. Cravings may still try to catch you unawares. Be ready and beat them!



DAY 15

Your circulation is starting to improve. Do you normally use the car? Try walking or cycling and feel how much easier it is to breathe now.



DAY 16

Remember willpower is only making a decision. We all have willpower or no one would get up in the morning so to get this far you have loads!



DAY 17

Cravings will try to catch you when you may be feeling vulnerable. If you find things are getting hard try calling the smokers helpline on: 0800 858585



DAY 18

Smoking ages the skin – a smoker in their 20's can have facial wrinkles similar to those of a non-smoker in their 40s!



DAY 19

Your senses of taste and smell are improving. If you are worried about gaining weight, snack on lots of fruit and drink plenty of water.



DAY 20

Try this healthy snack: (all in one bowl) slice pulp of 2 avocados, dice 2 tomatoes, chop half an onion and mix with juice of two limes, a good pinch of mild chilli powder and a touch of cumin. Eat with tortilla chips.



DAY 21

Well done, you can now imagine your life as a non-smoker! Think how much more pleasant it will be to travel by plane, train & bus without having your life ruled by cigarettes.



DAY 22

Quitting will make you more attractive! Your teeth and fingers will no longer be stained, your clothes and hair will no longer smell and your breath will be fresher.



DAY 23

Keep yourself busy. Lost touch with an old friend? Give them a call and plan to do something fun.



DAY 24

If you smoked 20 a day you have saved yourself about £120. If you still have that collection box it is filling up!



DAY 25

You will no longer harm others around you through passive smoking.

If you have children you are no longer putting them at risk.



DAY 26

If you used to smoke 20 cigarettes a day you have now saved nearly 40 hours of your valuable time. Why not tackle that project you've been putting off?



DAY 27

Start to plan how you're going to spend all that money you've saved!



DAY 28

You've done it – congratulations! Welcome to a new, healthier life as a non-smoker. You are now in control of your life! Open the collection box...