

Kick the habit, quitting smoking improves your life...

Talking Health, Safety and Wellbeing. The weekly article to help you keep fit and stay healthy and safe in your place of work. This week's article talks about giving stopping smoking a go.

Giving up smoking can be difficult and making the decision to quit smoking to lead a healthier life is a really positive step forward. Smoking is bad for your health, and in this article we will talk about how stopping smoking will make life better and how we can support your first steps in giving up.

10 Reasons to give up smoking?

The NHS have identified 10 reasons that will improve your health from quit smoking:-

1. Stopping smoking lets you breathe more easily
2. Stop smoking gives you more energy
3. Ditch the cigarettes and feel less stressed
4. Quitting leads to a better sex life
5. Non-smokers find it easier to get pregnant
6. Stopping smoking improves smell and taste
7. Stop smoking for younger-looking skin
8. Ex-smokers have whiter teeth and sweeter breath
9. Quit smoking to live longer
10. A smoke-free homes protects your loved ones

For more information about these 10 reasons please go to the NHS Choices website <http://www.nhs.uk/Livewell/smoking/Pages/Betterlives.aspx>

National No Smoking Day

National No Smoking Day is on Wednesday 8th March 2017 and our Occupational Health Nurses will be visiting several workplaces citywide in the run up to No Smoking Day and on the 8th March so that staff will have the opportunity to ask questions and discuss any concerns that you might have, without obligation. We also have free information packs to give away. We can also run a Smoking Cessation Course either at your site (subject to numbers) or at 3 City Arcade to help you give up.

How smoking cessation works?

The Occupational Health Smoking Cessation Service provides advice, help, and support to people who are thinking about or want to give up smoking. The service is delivered by

trained stop smoking advisors. The Smoking Cessation programme is a 12 week programme where you attend weekly or fortnightly appointments on a one to one basis. Your first appointment takes about 45 minutes, and subsequent appointments will take about 30 minutes. At your first appointment you discuss your smoking habits, your motivation, decide a quit date and discuss what the best Nicotine Replacement Therapy (NRT) is for you.

At follow up appointments you discuss how you are progressing, any pitfalls and discuss different coping strategies and generally any issues that you are concerned about. Advisors will issue you with vouchers for Nicotine Replacement therapy on a fortnightly basis and will also measure your carbon monoxide levels regularly so that you can see the immediate improvements to your health.

For more information on how to go about quitting smoking or if you would like us to call at your workplace please speak to one of the Healthy Lifestyle Nurses by ringing extension 3285 or go to the Occupational Health, Safety and Wellbeing pages

[Benefits of not smoking](#)

[Help to quit smoking poster](#)

The next article will talk about what makes a good risk assessment