

Booklet 4 – Lung Health and Smoking



How does smoking affect my lungs?



Smoking makes it harder for your lungs to pump oxygen around your body.

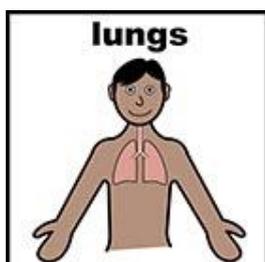
This is because your airways are **inflamed**.



You make more **mucus** which can cause you to have a **chronic cough**. This means having a cough all the time.



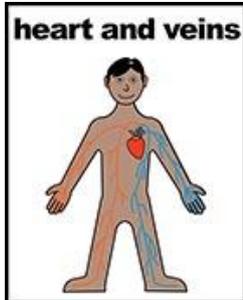
Smoking can make you short of breath, even when you are not doing anything.



If I stop smoking will my lungs get better?

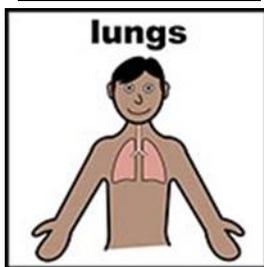


Yes, if you stop smoking you can make a difference to your lung health



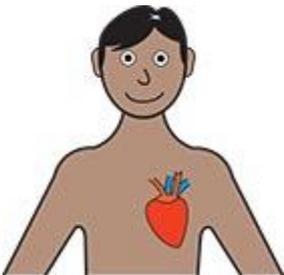
If you stop smoking for 2 weeks your circulation will improve.

This means that the blood in your body can move round easily.



If you stop smoking for 3 months, your breathing will get much better.

If you have a cough it should get better.



If you stop smoking for a year, your heart will become much healthier.



Quitting is hard



There are lots of local services that can help you quit for good.



Even if you have tried to stop before it's important to remember that you need to try and stop for good



Useful tips to help you stop smoking



Think about why you smoke? Why do you want to give up?

Write this down so you can remember why you are giving up.



Remove anything around you that makes you think about smoking such as ashtrays and lighters.



Get the support of friends and family by telling them you want to stop smoking.



Put the money you would normally spend on cigarettes in a jar.

Think of something nice to spend the money on instead.



Stay away when other people are smoking.

This can be as bad as smoking yourself and will make it harder to stop.



What support is right for you?

Different types of support work better for different people



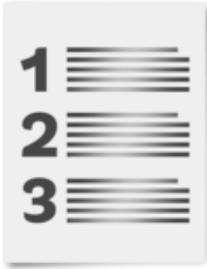
It is important that you chose the support that suits you best



Getting help from professionals, friends and family will make it easier to cut down and quit



Studies have shown people who use stop smoking services and medication are more likely to quit for good



Professional Support options



These services can give you help and support to give up smoking.



They can also help you to give up e-cigarettes.



Roy Castle run a service called FagEnds.

They run groups and one-to-one sessions

The staff can help you make a plan



Pharmacy

Your local pharmacy can help you.

There is a list of pharmacies on page 8



Smokefree is a website.

They can send you emails and text messages to help encourage you.

Sign up by visiting www.nhs.uk/smokefree



What is Stop Smoking Medication?

You can take medication to help you stop smoking.

Nicotine is the drug in cigarettes which makes you want to smoke.

Instead of smoking, you can have nicotine in

- a spray
- a patch on your skin
- a piece of chewing gum

This medicine is better than smoking because the smoke does not go into your lungs.



Where can I get stop smoking medication from?



You can get stop smoking medication from FagEnds



Your doctor



Pharmacy Stop Smoking Support

Pharmacy Stop Smoking Support

Anfield

Saints Pharmacy, 216 – 218 Walton Breck Road, L4 0RQ, **0151 263 3631**

Forshaws Pharmacy, Belmont Grove, L6 4EP, **0151 263 1678**

Aigburth

Boots Pharmacy, 139 Aigburth Road, L17 0BJ, **0151 727 1522**

Allerton

Tesco Pharmacy, Mather Avenue, L18 6HF, **0345 6779002**

City Centre

Euro Pharmacy, 16 -20 Berry Street, L1 4JF, **0151 708 0778**

Boots Pharmacy, Clayton Square, L1 1QR, **0151 709 4711**

Rowlands Pharmacy, 37 Myrtle Street, L7 7AJ, **0151 709 7796**

Everton

J Hughes Chemist, 225 Breck Road, L5 5PT, **0151 263 1157**

I Phillips Pharmacy, Breckfield Road North, L5 4QZ, **0151 2632786**

Green Cross Pharmacy, West Speke Health Centre, Blacklock Hall Road, L24 3TY, **0151 234 1618**

Fazakerley

Tiffenbergs Pharmacy, Longmoor Lane, L9 0AP, **0151 525 3462**

Garston

Lloyd's Pharmacy, 32 Church Road, L19 2LW, **0151 427 6173**

Rowlands Pharmacy, 17 St Mary's Road, L19 2NJ, **0151 427 4948**

Kensington

Davey's Pharmacy, 99 Holt Road, L7 2PN, **0151 260 4717**

Davey's Pharmacy, 253 Kensington, L7 2RG, **0151 263 6735**

Norris Green

Cohens Pharmacy, 181 Walton Hall Avenue, L11 7BY, **0151 525 3434**

Old Swan

Lloyd's Pharmacy, 23 – 25 St Oswalds Street, L13 5SA, **0151 228 3108**

Cohen's Pharmacy, 158 Townsend Lane, L13 9DN, **0151 263 1715**

Orrell Park

Orrell Park Pharmacy, 65 Moss Lane, L9 8AE, **0151 525 1003**

Queens Drive

Udani Pharmacy, 22-24 Queens Drive, L15 7NE, **0151 722 1944**

Speke

Boots Pharmacy, New Mersey Retail Park, L24 8QB, **0151 427 5915**

Vauxhall

Boots Pharmacy, 2 Vauxhall Road, L3 2BG, **0151 236 4882**

West Derby

J & J Pharmacy, 15 Deysbrook Lane, L12 8RE, **0151 228 9400**

Lloyd's Pharmacy, 30 Mill Lane, L12 7JB, **0151 226 1410**

Melwood Pharmacy, 227 Deysbrook Lane, L12 4YF, **0151 252 1195**

Woolton

Tesco Pharmacy, Allerton Road, L25 7SF, **0345 0700082**