

You Can Quit!

Advice & Information to help you get and stay Smoke-Free

take **totalcontrol** of your health



Thinking of Stopping Smoking?

Fantastic! This is a very positive first step in making the most significant improvement to your health you'll ever make!

Smoking raises blood pressure & pulse rate, causes cancers of the mouth & lungs, and contributes to heart disease & stroke. The good news is you can increase your chances of successfully giving up smoking with advice and support from totalhealth.

We'll take time to learn about your lifestyle needs & smoking habits, then recommend the product, or combination of products, that is best for you. You can pop into us anytime if you need extra support.

Did you know? You are **TWICE** as likely to succeed with the use of Nicotine Replacement Therapy!

And up to **FOUR** times more likely to quit for good when you avail of one-to-one coaching and support.

More information & advice is available by calling The National Smokers' Quitline on **1850 201 203** or by visiting www.quit.ie

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Smoking Yourself Sick

1 in every 2 smokers will die of a tobacco-related disease. FACT!



- Smoking can take 10-15 quality years off a person's life
- It leads to a drop in the body's immunity
- As chemicals pass through the breathing tubes they become inflamed and weakened, leading to coughs and bronchial infections
- Smokers often suffer from frequent headaches, while lack of oxygen and narrowing of the blood vessels to the brain can result in strokes
- Smoking can also cause cancer of the throat, pancreas and bladder, heartburn, stomach ulcers and kidney damage
- As well as cancer of the mouth, smoking can cause gum disease, tooth decay, bad breath and yellow teeth
- Smoking increases the risk of heart attack because nicotine raises blood pressure and makes blood clot more easily
- Cholesterol deposits also cause poor circulation which can lead to strokes, impotence and loss of circulation to the fingers and toes.

There are around
4000
chemicals
in a cigarette!

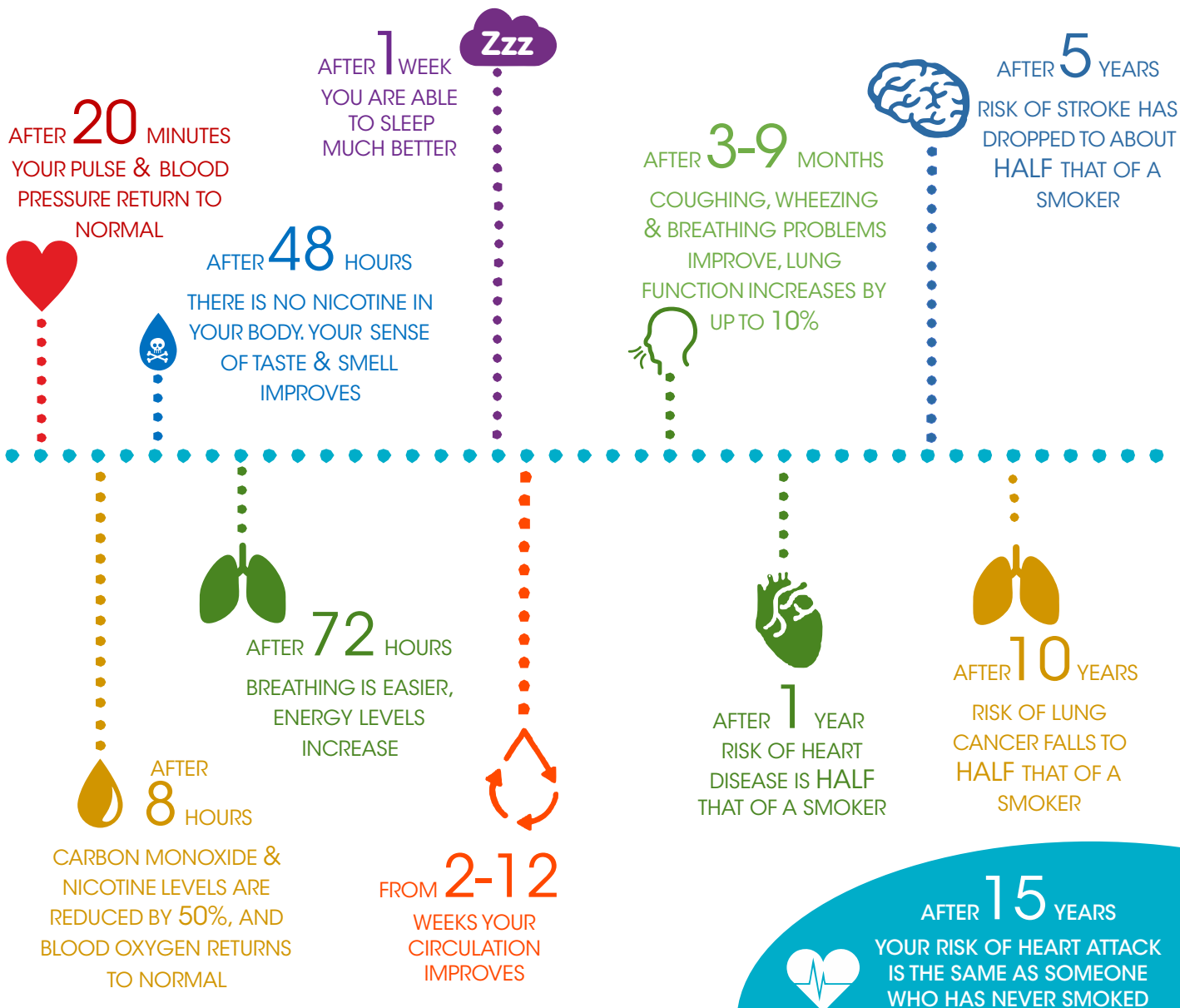
It's not just cigarettes!
Nicotine and chemicals from e-cigarettes, pipes and other products are also addictive and harmful

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The effects of quitting start faster than you think

Your body immediately begins a series of changes that will continue for years



Let's get Healthier, Wealthier and Well

The cost of smoking is often one of the main reasons people try to quit. Take a look at how much your level of smoking is costing you.*

Amount Smoked per day	5	10	15	20	30
Monthly Cost	€105	€210	€315	€420	€630
Yearly Cost	€1260	€2520	€3780	€5040	€7560

You could buy a brand new treadmill

That will get you a 65" Smart TV

I spend € _____ a week on smoking.

With the money I save from quitting, I'm going to ...

4 people could go on holiday to Mallorca for 2 weeks

You could buy a designer leather sofa

You could get a fully fitted new bathroom

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*cost based on a pack price of €14.00 for 20

What will quitting be like?

Many people giving up smoking will experience withdrawal symptoms. These are worse in the first few days but you should look on them positively as they show that your body is already changing from being without nicotine. The following are normal symptoms and will ease over time:

- Strong urges for a cigarette
- Feeling tense or anxious
- Feeling hungrier than usual
- Coughing and bringing up mucus
- Tingling in your fingers or toes
- Feeling light-headed or dizzy
- Finding it hard to concentrate
- Changes to your sleep pattern.

What is the best way to quit smoking?

With a combination of Nicotine Replacement Therapy, a positive attitude, support from family, friends and your local totalhealth Pharmacist, you are 4 times more likely to be successful in quitting. Nicotine Replacement products come in a variety of forms, including chewing gum, patches and inhalers.

Dealing with Cravings

Remember the 4 Ds...



We will help you choose what's right for you and your triggers.

NiQuitin.



"I quit smoking for her"

Fergus O'Shea



NiQuitin. Patch & Minis
Use together for an unbeatable
way of **Quitin.***

*provides significant improvement in quit rate vs patch alone.

NiQuitin products contain nicotine. Stop smoking aid. Requires willpower. Always read the leaflet.

Are you ready?

Stopping is not easy. Willpower may be the most powerful tool you have in your efforts to quit smoking. That means...

You really have to WANT to quit!

Grab yourself a pen and have a think about the following questions:

What do you enjoy about smoking?

What do you hate about smoking?

What would be the most important benefit of quitting?

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Let us help you prepare

Set Your Quit Date Now!

I will quit smoking on: _____

Use our checklist to make this as easy as possible:

- ✓ Make a list of all the benefits you'll get from quitting and keep it with you
- ✓ Decide on how you are going to quit. Will you use Nicotine Replacement products? Will you quit 'cold turkey'? Will you reduce the amount you smoke gradually?
- ✓ Think about the usual triggers that make you want to smoke and plan distractions for when you get those cravings
- ✓ Make sure your family, friends and colleagues know you are quitting and ask for their support
- ✓ Have an alternative activity plan for when your favourite cigarette of the day is - start a new habit!
- ✓ Throw out all cigarettes, ashtrays and lighters
- ✓ Plan to do at least 30 minutes of exercise each day
- ✓ Make a healthy meal plan for each week and stick to it. This will help you avoid replacing cigarettes with food
- ✓ Plan a reward to keep yourself motivated. Work out how much you're going to save by quitting and decide what you're going to do with your savings.

New
Cool Berry
Flavour

Freshmint
Flavour

Choose your flavour to help you quit for good



 **nicorette**[®]

do something incredible

NICORETTE[®] contains Nicotine. ALWAYS READ THE LABEL.
NICORETTE[®] is a stop smoking aid.

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Don't Go it Alone!

Speak with the team in your
totalhealth Pharmacy
about the best method of quitting for your
smoking habits

Personalised support and advice
is also available at
www.quit.ie

You will be at least **TWICE** as likely
to successfully **QUIT** with our help!