

**If you've already started smoking and would like to quit, there are a number of people who can help support you.**

## **QUIT4GOOD**

Specially trained in methods to help you stop smoking, our advisors will see you for an initial assessment to discuss the best form of support for you. Together you'll agree a support plan. This service is available throughout the Borders.

## **DOCTOR'S SURGERIES**

Most doctor's surgeries offer one to one support, usually from their practice nurse. Following an initial assessment appointment you'll be invited to attend appointments every week or every fortnight to see the nurse for support with stopping.

## **PHARMACY SERVICES**

Most community pharmacies and chemists offer one to one support. Following an initial assessment appointment with the pharmacist you will be invited to attend for regular sessions of stop smoking support.

**If you're worried about smoking you can also talk to your school nurse.**

**If you'd like further support to stop smoking or would like more information on the NHS Borders Quit4Good Service please contact us on 0844 8118180 (local rate call, office hours Monday to Friday, 24 hour answer machine) or email [smokingcessation@borders.scot.nhs.uk](mailto:smokingcessation@borders.scot.nhs.uk)**

**Alternatively, for free advice you can call Smokeline on 0800 84 84 84 or log on to [www.canstopsmoking.com](http://www.canstopsmoking.com)**

**This leaflet is available in large print, alternative languages and computer formats. Please contact us on 01896 824500 to request any of these versions.**



**Five reasons to stay SmokeFree**

September 2009

**Quit4Good** 



Improving Health in Our Scottish Borders  
For Children & Young People

**Quit4Good** 

## **1 DON'T BE AN ADDICT**

People who take up smoking often think they'll be able to give up any time they like. The trouble is, nicotine is a really addictive drug – it can take just three or four cigarettes for your body to start craving nicotine. Before you know it, you're well and truly hooked. Just ask anyone who is trying to quit how difficult it is.

## **2 CASH NOT FAGS**

If you smoke just 10 cigarettes a day it will cost you around £1000 a year. No doubt you can think of better things to spend your cash on – clothes, holidays, sport, downloads – in fact the list is endless. Why burn your money?

## **3 KEEP YOUR LOOKS**

Smokers can have about 10 times as many wrinkles as non-smokers. Smoking reduces the blood flow to the skin and dries it out over time, and this makes your skin look really dull. There's the tar in tobacco smoke, which leaves a horrible yellowy-brown stain on the nails and fingers that hold the cigarettes. Never a good look! Plus smoking changes the body's hormones so smokers store more body fat around their waist and upper part of the body. So smokers have a higher waist to hip ratio than non-smokers – and who wants a muffin top?

## **4 STAY FIT AND ACTIVE**

The carbon monoxide in cigarette smoke robs the system of oxygen. Smoking also increases your heart rate and narrows blood vessels. That means smokers have less stamina. So if you're into sport, cigarettes are a big no-no.

## **5 SAVE THE ENVIRONMENT**

Tobacco production is damaging our planet. Around 600 million trees a year are destroyed to provide fuel for drying and curing tobacco. It takes one tree a fortnight to supply the average smoker. Tobacco plants need huge amounts of fertilisers and pesticides, which damage local water supplies and cause health risks.

# **BE SMART – DON'T START!**

