

Last year nearly two thousand people went smoke free with Hounslow Stop Smoking Service

- o **6 week programme**

- o **Choose your setting:  
Pharmacy, Practice Nurse or  
Walk- in Clinic**

- o **We have a 70% success rate**

- o **All our programmes are FREE**

### Pharmacy Advisors

Trained Pharmacists are located all over the borough. Call us or visit our website to find out where your nearest one is.



### Practice Nurses

Is Your Practice Nurse a trained Stop Smoking Advisor? Call us or your GP surgery to find out.

## Walk-in Clinics

Just turn up without calling and be seen by the first available advisor

### Evening Clinics

#### Brentford Health Clinic

Multi Purpose Room

Boston Manor Road, Brentford TW8 8DS

Wednesday 4.45pm - 5.45pm

#### Chiswick Health Centre

Fishers Lane, Chiswick W4

Tuesday 5.30pm - 6.30pm

Thursday 4.30pm - 6.00pm

#### Feltham Centre for Health

Third Floor The Centre, Feltham TW13 4GU

Tuesdays 5.15pm - 6.15pm

#### Heart of Hounslow Centre for Health

92 Bath Road, Hounslow TW3 3EL

Thursday 5.15pm - 6.15pm

#### St Margaret's Medical Practice

237 St Margaret's Road, Twickenham TW17NE

Mondays 5.00pm - 6.00pm

#### West Middx University Hospital

Chest Clinic, Outpatients 2,

Twickenham Road, Isleworth TW7 6AF

Wednesday 4.45pm - 5.45pm

### Morning Clinics

#### Feltham Centre for Health

Third Floor The Centre, Feltham TW13 4GU

Tuesday 10.00am - 12.00pm

#### Heart of Hounslow Centre for Health

92 Bath Road, Hounslow TW3 3EL

Tuesday 10.30am - 11.30am

## Health Benefits of Quitting

20 minutes

Blood pressure and pulse rate should return to normal.

8 hours

Nicotine and Carbon Monoxide levels in blood should reduce by half.

Oxygen levels will start to return to normal.

24 hours

Carbon Monoxide should be eliminated from the body. Lungs start to clear out mucus and other smoking debris.

48 hours

There should be no nicotine from cigarettes left in the body. Ability to taste and smell is greatly improved.

72 hours

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

2-12 weeks

Circulation improves.

3-9 months

Coughs, wheezes and breathing problems improve as lung function is increased by up to 10%.

1 year

Risk of heart attack falls to about half that of a smoker.

10 years

Risk of lung cancer falls to about half that of a smoker.

15 years

Risk of heart attack falls to the same as someone who has never smoked.

## Adam's Story

Adam had a 30-year habit when he stopped smoking three years ago. He came to one of our walk-in clinics seeking help and managed to successfully give up with the support of a trained advisor.

Adam found that the biggest challenge was not smoking after meals, but he used a nicotine inhalator to combat the cravings. In the last three years, Adam has not had a single cigarette.

Since being smokefree, Adam's lifestyle has improved dramatically: "I find easier to breath now - I can keep up with the kids. I feel like a different person and the family love it. The support I received from the NHS was nothing short of fantastic!"

"After stopping for a month, a 20 a day smoker will have **saved more than £170!**"

Take the first steps to going smoke free and we will help you get there.

### Visit 1

- o Set a quit day
- o Build on your motivation
- o Develop coping and distraction techniques
- o Agree on suitable medication
- o Measure your Carbon Monoxide levels

### Visit 2

- o Have quit for a day
- o Receive support and encouragement
- o Discuss any difficulties
- o Identify high risk times in coming week
- o See your Carbon Monoxide levels begin to drop

### Visits 3 - 5

- o Specialist ongoing weekly support
- o Carbon Monoxide drops to non-smoker levels
- o Breathe, taste and smell more easily
- o Notice more money in your pocket
- o Discuss any difficulties

### Visit 6

- o 70% of people have quit by this point
- o Thoughts about smoking are much less frequent and pass easily

**NHS**

Hounslow



## Want to break free?

Hounslow Stop Smoking Service will help you every step of the way

For free one-to-one or group-based advice, call:

**0845 111 0155**

or visit

[www.hounslowpct.nhs.uk/stopsmoking.html](http://www.hounslowpct.nhs.uk/stopsmoking.html)

  
**SMOKEFREE**  
Hounslow