

Health Matters Assistance Programme

Employee Support Bulletin March 2014

No Smoking Day 12 March 2014



No Smoking Day is a good time to quit because you'll know you're not alone – thousands of others are trying to stop smoking along with you. There's usually lots of coverage of the day in the media with helpful TV, radio and newspaper reports and hundreds of events taking place up and down the country. Today there's a huge range of support available - so how do you choose the method that suits you best? First of all, get **expert help**: contact one of the many help lines out there to get tailored support and advice. Your **GP and pharmacist** can also help.

Quitting Aids

NRT (Nicotine Replacement Therapy) comes in different forms to suit different needs. Choosing the right one for you will depend on what aspect of stopping smoking you are finding hardest to deal with.

- Do you miss the feeling of holding a cigarette? An inhalator may be best.
- Want access to nicotine whenever you chose? Lozenges or gum might be the best option.
- A heavy smoker and trying to quit? A nasal spray might be a good choice.

Patches

Patches are easy to use and can be worn beneath your clothes. They deliver a steady dose of nicotine into your blood through the skin. It takes about four to eight hours to reach peak level depending on the patch you use; some types are for 24 hour use and will deliver a steady dose, while others should be applied first thing every morning and removed before bed.

Gum

NRT gum is not like ordinary chewing gum and there's a technique to getting the most out of your piece of gum. Chewing the gum gently until the flavour comes through, and then 'parking' the gum in your cheek so the nicotine is absorbed through your mouth will help you get the best out of it. The taste of NRT gum can be unpleasant at first but most people get used to it with regular use

Inhalator

An inhalator contains a replaceable nicotine cartridge, and you can suck on it like a cigarette. Unlike cigarettes, inhalators don't deliver a 'hit', but they can help with cravings by releasing nicotine which is absorbed through the lining of your mouth.

Nasal spray

The nasal spray is the strongest form of NRT available and is absorbed faster than other forms of NRT, making it ideal for heavy smokers who experience cravings even with gums or patches. The nasal spray sends a measured dose of nicotine into the nose in short sprays. It can take practice to get it right! However the spray can irritate the nose at first, but this passes after about a day or two.

Lozenge

You can take up to 15 lozenges a day for the first six weeks, gradually reducing over the following six weeks. They come in two strengths. If you're a morning smoker, using the stronger lozenge first thing in the morning can help offset your craving.

Your HMAP is available to support you 24 hours a day, 365 days a year. A confidential* counselling and information service on hand when you need it.

Call us on Freephone 0800 988 8809

www.hmap-hub.co.uk