

Smoking and Asthma

This fact sheet is for smokers with asthma. It explains why it is important to stop now and describes effective help that is available on the NHS.

Why stop smoking?

People with asthma who smoke lose an average of eight years of life unless they stop. They also suffer from diseases of old age for more of their lives. The earlier you stop, the less the damage, but stopping at any age makes a difference.

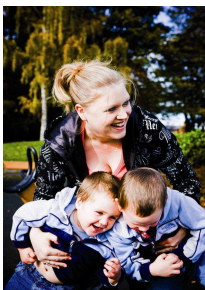
Smoking does not cause asthma but it does make it worse. You get more attacks and the attacks are more severe. Smokers suffer more from cough and wheezing than non-smokers.

Stopping smoking can quickly produce benefits. Cough and wheezing will reduce within a few weeks and breathing will become easier. You will get attacks less often. The damage that smoking does to the lungs will be halted.

Why get help with stopping?

Stopping smoking can be very difficult. This is because of the way that nicotine acts on the brain: it rewards you when you smoke and produces unpleasant symptoms when you try to stop.

Your best chance of success is by getting help!



What help is available?

Camquit Stop Smoking Service can help you stop smoking in a variety of ways:

1. Stop smoking groups

These run for seven weeks, usually in the evening. The session usually lasts for about an hour and a half. The success rate for people who want to stop smoking in a group is very high - up to 80%.

2. One-to-one appointments

You can call our freephone number or look at our website for the nearest clinics to you. See details below.

3. Consult a 'Community Stop Smoking Advisor'

Community advisors are practice nurses, pharmacists or other health professionals who are trained to support smokers wanting to stop. You see the advisor once a week starting one or two weeks before the quit date, and carry on for four weeks after it. Sessions typically last 15-30 minutes. NRT, Zyban or Champix is usually prescribed.

Call Camquit and join the telephone counselling call back service. They will send you an NRT voucher to redeem at your local pharmacist and support you over a six-week period at times that are suitable to you. The call back service is available extended hours from 9:00am to 8:00pm Monday to Friday and from 10:00am to 6:00pm at weekends.



What you should know when trying to stop

You get more coughs just after you have stopped. This is normal.

It does not last long and within a month you can expect to notice the benefits.

You may need to try many times before you succeed in stopping, but remember that every day you smoke is making your condition worse.

Having asthma need not prevent you from using NRT, Zyban or Champix. Consult your doctor or stop smoking advisor for advice and support to help you become smoke free!

Contact your local GP or

CAMQUIT on

0800 018 4304 or

www.camquit.nhs.uk

Or text KICKBUTT to

80010

NHS

Cambridgeshire