

Smoking Advice

Information for Patients

Carbon monoxide in cigarette smoke affects the oxygen carrying ability of your blood. Therefore, your heart has to work harder to supply your body with adequate oxygen.

Smoking also contributes to the deposit of fats in your blood vessels, causing narrowing of vessels and increasing your blood pressure. Smoking causes the blood vessels in your body, including those in your heart, to constrict (narrow). This will make the symptoms of your heart failure worse. It is never too late to stop smoking, and stopping will be beneficial for your heart.

There are a number of different ways to stop smoking. Don't be afraid to ask for help, as there are many support groups and other resources that are available to help you. You may find that not all the advice will work for you, but with a little persistence you will find a way to stop smoking.

You may not experience the health benefits of stopping smoking immediately, but with time you will feel fitter and healthier in general.

Here are some common ways to stop:

- Use the available products to help with the withdrawal symptoms, such as nicotine patches, gum and inhalers, ask your doctor or nurse for advice.
- Several new medicines are also now available and may be discussed with your doctor.
- Give up gradually, reducing the number of cigarettes you have a day, so that you have only cigarettes when your body craves, not just out of habit.
- Brush your teeth after a meal instead of lighting a cigarette, changing the taste in your mouth sometimes helps.
- Avoid places where smoking is permitted, such as pubs and bars, in the early stages of your attempt to stop smoking. If smoking is permitted at your workplace, discuss your decision with your colleagues.
- Find something else to do with your hands or mouth, such as playing with a paperclip, or chewing gum.
- Get more active, exercise boosts morale and helps you relax.
- Don't empty your ashtray, this will show you how much you smoke and how horrid the smell of stale smoke is.
- Involve your family, especially those who smoke - this can be key to success.

If you want to give up – support to help stop smoking is easy to find. You can talk to a specialist Stop Smoking advisor or find a local group by calling **0845 602 3608**. Or you can visit your GP or local pharmacy for one-to-one support. You can also email the stop smoking team at stop.smoking@surreypct.nhs.uk and there is also www.smokefree.nhs.uk - advice to help you quit smoking - NHS Free Smoking Helpline **0800 022 4 332**, 7 Days a week, 7am to 11pm.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

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