

Skeltons Chemists

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Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for October 2021

1. Why do people continue to smoke?
2. What is NRT?
3. What does NRT do?
4. Where do I get it?
5. Is it available on prescription?
6. Why should I use NRT to help me quit?
7. What types of NRT are there?
8. Which is the best?
9. What are e-cigarettes?
10. Will e-cigarettes help me stop smoking?



Answers on the bottom of page two

Stoptober

This month is a good month, for those who are trying to give up smoking, to give it another go.

There will be thousands of people trying to do the same. Studies show that if you can quit for a month, you are much more likely to remain a non-smoker. You may wonder why you continue to smoke, and it is because you are addicted to the nicotine. You probably started when you were a child and half of people who try just one cigarette will go on to be a regular smoker

Stop smoking treatments

However, there are many products that contain a low level of nicotine without the tar,

carbon monoxide, and other poisonous chemicals that are present in cigarette smoke. They are called nicotine replacement treatments (NRT).

The best treatment for you will depend on your personal preference, your age, whether you are pregnant or breastfeeding and any medical conditions you may have. NRT is available as skin patches, chewing gum, inhalators (which look like plastic cigarettes), tablets, oral strips, lozenges and nasal or mouth sprays.

You can buy these from pharmacies and some shops. They are also available on

prescription from your doctor or an NHS Stop Smoking Service. There is no evidence that any single type of NRT is more effective than



another.

But there is good evidence to show that using a combination of NRT is more effective than using a single product. Often the best way to use NRT is to combine a patch with a faster acting form such as gum, inhalator or nasal spray.



Treatment with

NRT usually lasts 8-12 weeks, before you gradually reduce the dose and eventually stop. It is important to get support while you are trying to quit. The evidence is that only 1% of people who try to go it alone will be successful. Also, it is quite normal for it to take several attempts before people are successful so don't be disheartened if you don't succeed. Just keep trying.

E-cigarettes

E-cigarettes allow you to inhale nicotine in a vapour rather than smoke. They do not burn tobacco and do not produce tar or carbon monoxide, two of the most damaging elements in tobacco smoke.

They work by heating a liquid that typically contains nicotine, propylene glycol and/or vegetable glycerine and flavourings. There are a variety of models available:

- Cigalikes that look similar to tobacco cigarettes and can be disposable or rechargeable



- Vape pens are shaped like a pen or small tube, with a tank to store e-liquid, replaceable coils and rechargeable batteries
- Pod systems are compact rechargeable devices, often shaped like a USB stick or a pebble with e-liquid capsules
- Mods come in different shapes and sizes but are generally the largest e-cigarette devices. They have a refillable tank, longer lasting rechargeable batteries and variable power.

Will an e-cigarette help me to stop smoking?

A major UK study published in 2019 found that, when combined with expert face to face support, people who used e-cigarettes were twice as likely to quit smoking than those who used other nicotine replacement products such as patches or gum. However, they are not available on prescription.

A rechargeable e-cigarette with a refillable tank delivers nicotine more effectively and quickly than a disposable model and is likely to give you a better chance of quitting smoking. If you are a light smoker, you could try a cigalike, vape pen or pod system. If you are a heavier smoker, it's advisable to try a vape pen, pod system or mod. It's also important to choose the right strength of e-liquid to satisfy your needs.

In the UK, e-cigarettes are tightly regulated for safety and quality, but they are not completely risk free. However, they carry a small fraction of the risk of cigarettes. While nicotine is addictive it is relatively harmless.

For more information or to purchase NRT please talk to one of our trained staff.

Answers: Q1, Because they are addicted to nicotine. Q2, Nicotine Replacement Therapy. Q3, It is a medication that gives you a low level of nicotine without the tar, carbon monoxide and other poisonous chemicals in cigarette smoke. Q4, NRT can be bought from pharmacies and some shops. Q5, Yes, either from a doctor or NHS Stop Smoking Services. Q6, Because only about 1% of smokers who try to quit without support will be successful. Q7, Skin patches, chewing gum, inhalators, tablets, oral sprays, nasal sprays and lozenges. Q8, There's no evidence that any single type is more effective than another. Q9, They are devices that allow you to inhale nicotine as a vapour rather than smoke. Q10, In a study in 2019 found that, when combined with expert face to face support, people using e-cigarettes were twice as likely to succeed in quitting than those using other forms of NRT.