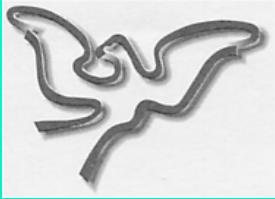


**YOU CAN
DO IT!**



**DO IT
NOW!**

Where	When
Waters Green Medical Centre Interview Room 6 Wing B First Floor	For free help and support call 0800 085 8818 to make an appointment

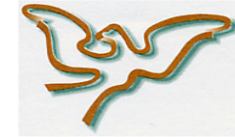


Cumberland House

Waters Green Medical Centre
Sunderland Street
Macclesfield
Cheshire
SK11 6JL

Phone: 01625 428081
Fax: 06125 503128
[Www.cumberlandhousesurgery.nhs.uk](http://www.cumberlandhousesurgery.nhs.uk)

Reviewed 27/05/2015



CUMBERLAND HOUSE

PRIMARY HEALTH CARE CENTRE

**SMOKING CESSATION
PROGRAMME**

Do you want to stop smoking?

Stopping smoking is the most effective step you can take to improve your health.

SMOKING KILLS

Medical help is available to help you break the addiction to nicotine, but stopping smoking also involves a lot of your own willpower and determination.

Don't worry if you have tried before and haven't managed to stop—**TRY AGAIN.**

You can do it!

Within six months

Your heart and lungs will have made huge steps towards recovery and

Within a year

You can save enough to buy a new car (based on 20 cigarettes a day) or have a long holiday!

If you are ready to stop smoking in the next 2-4 weeks make an appointment to see the nurse—and DO IT NOW

Get set to stop

- Choose a suitable date for your “**Quit Date**”
- Plan to get rid of any cigarettes and any other smoking accessories the night before your quit date.
- Clean the house and car to get rid of those tempting smells.
- Get a large jar to collect your cigarette money and watch it mount up!
- Get a friend or family member to support you.

STOP

- Keep busy and plan ahead.
- Change your routine to reduce your cravings.
- Stay away from smoking areas as much as possible.
- Chew gum/suck glucose tablets.

GOOD LUCK

