

Downing Street Group Practice

4 Downing Street
Farnham,
Surrey, GU9 7PA
Tel.: 01252 716226
Email: admin.downingst@nhs.net



29th March 2018

Dear Patient

Your medical records state that you are a current smoker (please let us know if this is not the case). We would like to offer you some support in quitting.

What are the benefits of stopping smoking?

The benefits begin straight away. You reduce your risk of getting serious disease, for example heart attacks, stroke and cancer. The sooner you stop, the greater the reduction in your risk.

Other benefits of stopping smoking include the following:

- Chest infections and colds become less frequent.
- The smell of stale tobacco goes from your breath, clothes, hair, and face.
- Foods and drinks taste and smell much better.
- Finances improve. You will save well over £1,000 per year if you smoked 20 a day.
- You are likely to feel good about yourself.

Timeline of health benefits after stopping smoking ...

After ... Health Benefit ...

72 hours	Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
1 month	Skin appearance improves, owing to improved skin perfusion.
3-9 months	Cough, wheezing, and breathing problems improve and lung function increases by up to 10%.
1 year	Risk of a heart attack falls to about half that of a smoker.
10 years	Risk of lung cancer falls to about half that of a smoker.
15 years	Risk of heart attack falls to the same level that it would be for someone who has never smoked.

Dr. C. J. Russell Dr. M. Ballard Dr. E. Wernick

Dr L. Das Dr A. Bevan Dr T. Russell Dr C. Cottrell Dr J. Hubbard Dr R. Doolub

Downing Street Group Practice

4 Downing Street
Farnham,
Surrey, GU9 7PA
Tel.: 01252 716226
Email: admin.downingst@nhs.net



How can I stop smoking?

Willpower and determination are the most important aspects when giving up smoking. However, help is available:

With your permission we can refer you to an excellent, local stop smoking service who can help you in a variety of ways:

- "One You Surrey" offers a stop smoking service here at the Practice on Monday afternoons 2 – 6pm. Please call 01737 652168 to book your appointment for support, information, encouragement, and tips on stopping smoking.
- One-to-one support
- Nicotine Replacement Therapy (NRT) which comes as gums, sprays, patches, tablets, lozenges, and inhalers are good options to help you quit.
- Medicines called bupropion (trade name Zyban®) and varenicline (trade name Champix®) can help.
- E-cigarettes are designed to look and feel like normal cigarettes. They have a heating element inside that vapourises a solution - this looks like smoke. It may also contain nicotine. They are substituted for normal cigarettes or cigars. However there is some uncertainty whether this is more effective than the other ways of stopping smoking.

You can also make an appointment with your GP or practice nurse to discuss how you can be supported to give up.

Please don't forget to let us know if you have already stopped smoking.

Yours sincerely,

Downing Street Group Practice

Dr. C. J. Russell Dr. M. Ballard Dr. E. Wernick

Dr L. Das Dr A. Bevan Dr T. Russell Dr C. Cottrell Dr J. Hubbard Dr R. Doolub