

July 2007

# Smoking Cessation Service

Leanne Morris, our in-house Smoking Cessation Advisor, is currently on maternity leave.

Nicola Addison & Kirsty Pullan, our own dental nurses, have now completed the Level 2 Smoking Cessation training enabling them to continue this service.

## 1<sup>st</sup> of July: The Smoking Ban is here

Do you want help to give up now?



**Ready To Give Up? We can help.**

**Our Smoking Cessation Advisors are here in the practice to give you advice, work out individual quit programmes when you're ready, and to help you along the way.**

## Our Advice Service includes:

- Personal Planners, supported Quit Dates & Programmes
- Nicotine Replacement Therapy or Alternative Treatment
- Carbon Monoxide Readings
- Weekly Support Appointments, in person or by phone

**PRACTICE COPY**  
Copies available at reception  
Many thanks  
**PTO**

## We are here to help

You can eat five portions of fruit and veg a day and exercise regularly, but healthy behaviour means little if you continue to smoke.

The message that 'smoking is bad for you' is an old one, so not everyone gives it their full attention.

Consider some of the diseases smoking causes:

Cancer of the oesophagus, pancreas, lungs, larynx, stomach.

Smoking and your airways: Chronic bronchitis, emphysema & COPD, Laryngitis bladder cancer

Smoking and your arteries: Atherosclerosis, Coronary thrombosis, Foot and leg ulcers, Impotence, Vascular disease



We all know smoking is bad for our health. Quitting isn't easy, so speak to our advisors for tips and methods that can help

Ask your dentist or any team member for further information on giving up ... You can do it!

### Preventative Dental Care Service

This service compliments our Smoking Cessation Service.

Many of you have already utilised the services of our **Oral Health Educators** and are enjoying fantastic results.

This service is provided **on the premises by our own trained Dental Nurses** and is here to help you reduce your clinical needs giving you a **more confident smile**.

**This service also gives advice on looking after new babies**, and is especially good for pregnant mums. Don't forget we are happy to **register new babies** of existing NHS patients on the NHS. **Ask any of team for more information.**

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