

January 2008

**Are you making giving up smoking your  
New Year Resolution? Let us help!**

## **Jem Dental Care Smoking Cessation Service**

**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.**

**Statistics show you have a higher chance of being successful if  
you undergo a support program and some form of Nicotine  
Replacement Therapy or Alternative Treatment.**

**Let us help you do that.**

**Book an appointment with our advisor to find out more.**

***Tell your friends... you don't have to be a patient of our  
practice to utilise this service!***



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

## 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

## 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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