

The Whittington Health Tobacco Dependency Service

Patient information factsheet

Overview

- The Whittington Health Tobacco Dependency Service helps people who want to quit smoking.
- They have specialists who can advise and help you change your behaviour to quit smoking.
- They can help you while you are in the hospital and after you leave.
- The best way to stop smoking is by using Nicotine Replacement Therapy and getting help from a specialist. This way, you are three times more likely to quit smoking successfully.

Support for Inpatients

- If you are staying in the hospital, you can have specialist tobacco dependency and stop smoking treatment.
- Your Doctor should give you Nicotine Replacement Therapy to help treat your tobacco dependency.
- You can ask your medical team to help you find this service or you can call them yourself using the phone number on this leaflet.

Support for Outpatients

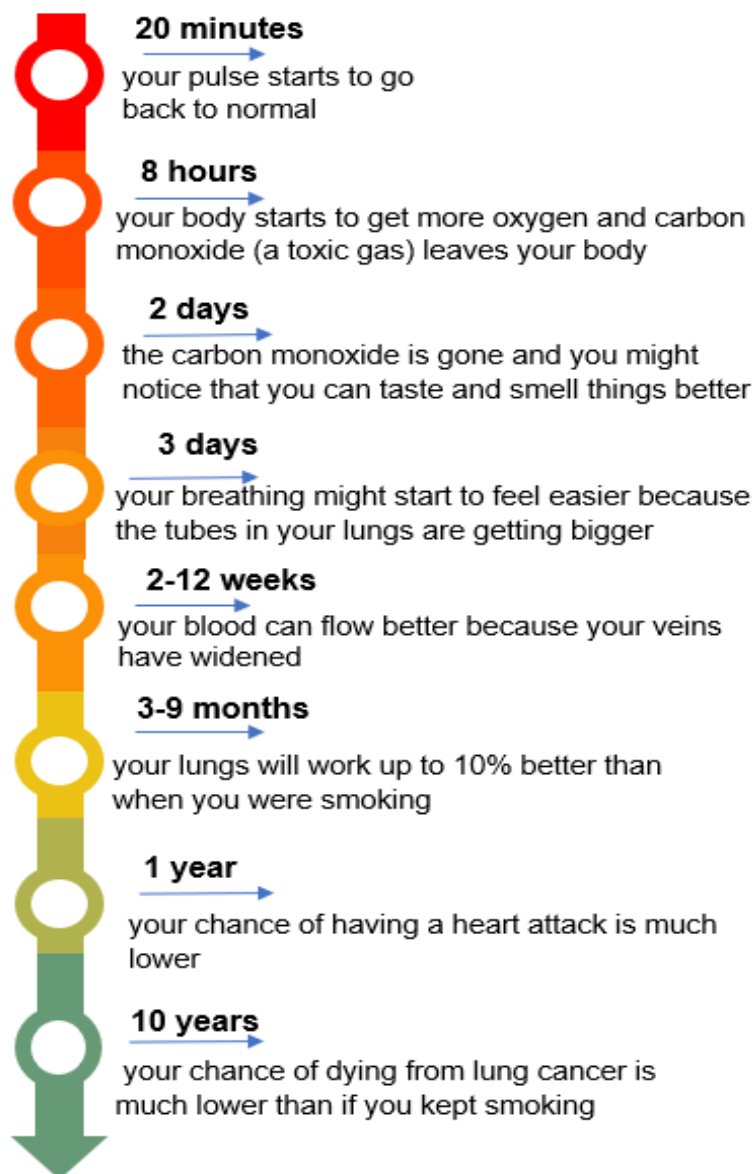
- When you leave the hospital, you can get help from your local stop smoking services.
- You can ask your Doctor to help you find these services, or you can look for them yourself by checking the information on this leaflet.

Why is it important to stop smoking?

- Cigarettes contain over 7000 chemicals. 250 of these can harm you.
- Smoking makes you four times more likely to get a disease called COPD (Chronic Obstructive Pulmonary Disease), which can make it hard to breathe.

- Smoking can also make you more likely to have a heart attack and causes a lot of deaths from lung and breathing problems.
- Smoking can make your blood pressure and heart rate go up, and it can make you feel more stressed and anxious.
- Smoking can also make it harder for people to have a baby.
- Smoking increases the chances of getting cancer in the throat, stomach, and mouth.

The Benefits of Stopping Smoking



The Smoke Free Environment

- Whittington Health buildings, grounds, and vehicles are places where smoking is not allowed.
- Patients, staff, and visitors are not allowed to smoke in these places.
- It is important to follow this rule and not smoke while at Whittington Health.

Contact our service

Whittington Health Tobacco Dependency Service

Email: whh-tr.tobaccodependency@nhs.net

Tel: 07826 843 502 / 07824 035 161 / 07425 416 166

Other services

Camden and Islington Stop Smoking Service

For anyone who lives, works, or has a GP in Camden and Islington.

Website: <https://www.breathestopsmoking.org/>

Email: cnwl.breathe.team@nhs.net

Tel: 020 3633 2609

One You Haringey Stop Smoking Service

For anyone who lives, works, or has a GP in Haringey.

Website: <https://oneyouharingey.org/>

Email: nclibc.oneyouharingey@nhs.net

Tel: 020 8885 9095

Smoke Free Barnet Stop Smoking Service

For anyone who lives in Barnet.

Website: <https://www.barnet.gov.uk/health-and-wellbeing/adults-health/get-support-stop-smoking>

Email: nclibc.smokefreebarnet@nhs.net

Enfield Stop Smoking Service

For anyone who lives in Enfield.

Website: <https://www.smokefreeenfield.co.uk/>

Email: smokefree.4enfield@nhs.net

Tel: 020 3633 5033

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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