

Stopping smoking



How smoking affects your health



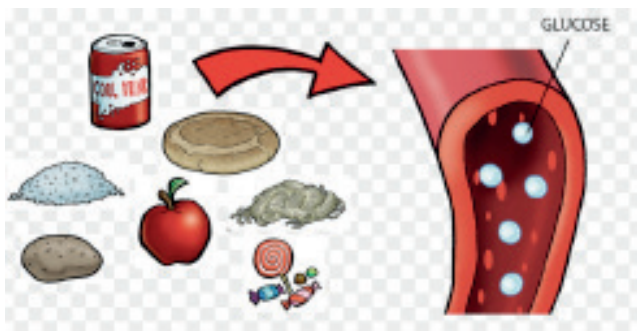
Heart problems



Breathing problems

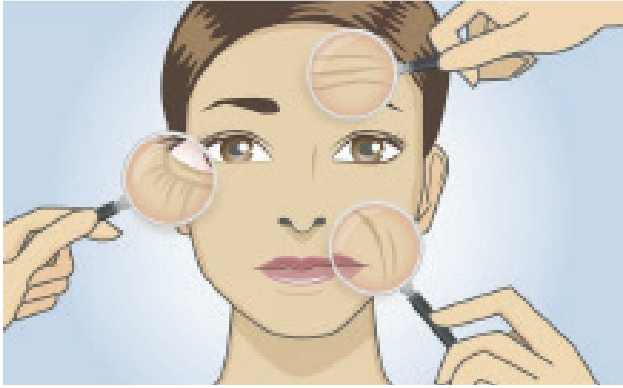


Cancer



Diabetes

Things to think about when you smoke



It makes your skin wrinkly



There are lots of places where smoking is not allowed



It costs a lot of money

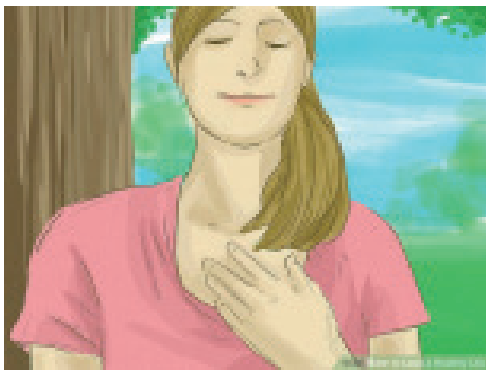


It can make you have bad breath and bad teeth

Stopping smoking is good for you



Your heart will work better



Your lungs will get cleaner. It will be easier to breathe



You will be able to taste and smell things better



You will have more energy

If you want to stop smoking, who can help you?



The doctor, nurse or chemist can help

There is a Stop Smoking Team who can help

We understand that it can be hard to stop smoking

You can talk to us



We can tell you about different medicines to help you stop smoking

**For help from
the Stop Smoking Team
contact:**



**Claire Black
07725 218 345**



claire.black@setrust.hscni.net



**Lisburn Health Centre
Linenhall Street
Lisburn
BT28 1LU**

**If we do not answer your
phone call, say your name**

We will phone you back



The South Eastern Health & Social Care Trust is a smoke free organisation.

The smoke-free policy means that people are not allowed to smoke anywhere on Trust grounds or premises, including buildings, entrances, pavements, car parks or in cars.

Acknowledgements

With kind regards to:

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'Choose to Lose' group