

NRT and quitting advice for smokers in ED and on EDU

10 health benefits of stopping smoking

- Stopping smoking lets you breathe more easily
- Stopping smoking gives you more energy
- Ditch the cigarettes and feel less stressed
- Quitting leads to better sex
- Stopping smoking improves fertility
- Stopping smoking improves smell and taste
- Stop smoking for younger-looking skin
- Ex-smokers have whiter teeth and sweeter breath
- Quit smoking to live longer
- A smoke-free home protects your loved ones

NB: It's never too late to benefit from stopping!

Scan code for more information from [NHS 'Quit smoking' page](#)



City patients

Call **0116 454 4000**

or go to [Live Well Leicester Stopping Smoking](#) website by scanning QR code



Leicestershire & Rutland patients

Call **0345 646 66 66**

or text **'ready'** to **66777**

or go to [QuitReady](#) website by scanning QR code



- **Inhalator:** Use with caution in throat or bronchospastic disease
- **Lozenge:** 4mg if patient smokes 1st cigarette within 30 minutes of waking, otherwise 2mg

