



Information for people who smoke - easy read



There are lots of things we can do to be healthier.



Stopping smoking helps people to feel healthier.

For example -



- Your body feels better.
- It's easier to breathe.



- You have more energy.
- Exercise is easier.





Smoking is one of the main reasons people get unwell and die too young.

It can make people more likely to get lots of different health conditions.



Smoking can give you lung cancer.

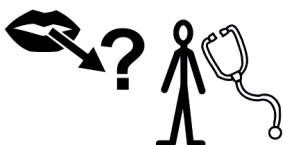
Smoking can also give you heart disease.



There are lots of things you can do to help you stop smoking.



You can talk to a stop smoking advisor about ways to stop smoking.



To find your stop smoking service -

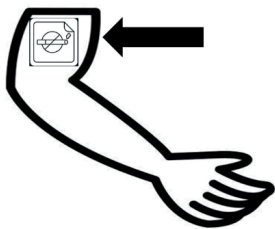
Ask your doctor.



Visit **Your Health Notts** (not easy read).



Scan the QR code to go to the website



A stop smoking advisor might give you things to help you stop, such as -

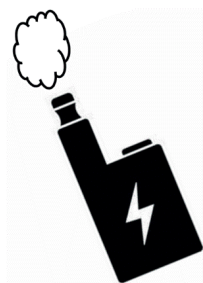
- Nicotine patches, which look like a plaster and stick on your skin. This does not hurt.
- Chewing gum with nicotine in.



It is nicotine in cigarettes that makes you want to have them all the time.

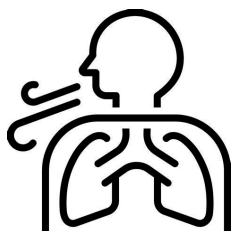


Things to help you stop smoking usually have nicotine in, as this is not the worst thing in cigarettes.

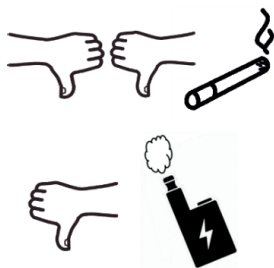


You can also try using fidget or distraction toys to help.

Some people find it easier to stop smoking by using a vape. If you are over 18, a stop smoking advisor might talk to you about this too.



A vape lets you breathe in just the nicotine and not some of the other dangerous things that are in cigarettes.



Vaping is still bad for your health,
but not as bad as smoking.



Make sure you only use a vape
given to you by a stop smoking
advisor or bought from a shop like a
supermarket.

Don't use a home made vape, or
one someone else has given you – it
might not be safe for you.



To find out more go to:
Your Health Notts – quit smoking
0115 772 2515
[www.yourhealthnotts.co.uk/
quit-smoking/](http://www.yourhealthnotts.co.uk/quit-smoking/)



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