

Cigarettes and Shisha

The Medical Perspective

WellWishers

Through Charity and Education

wellwishers.org.uk

Smoking

- The concept
- The statistics
- Passive effect
- What needs to happen

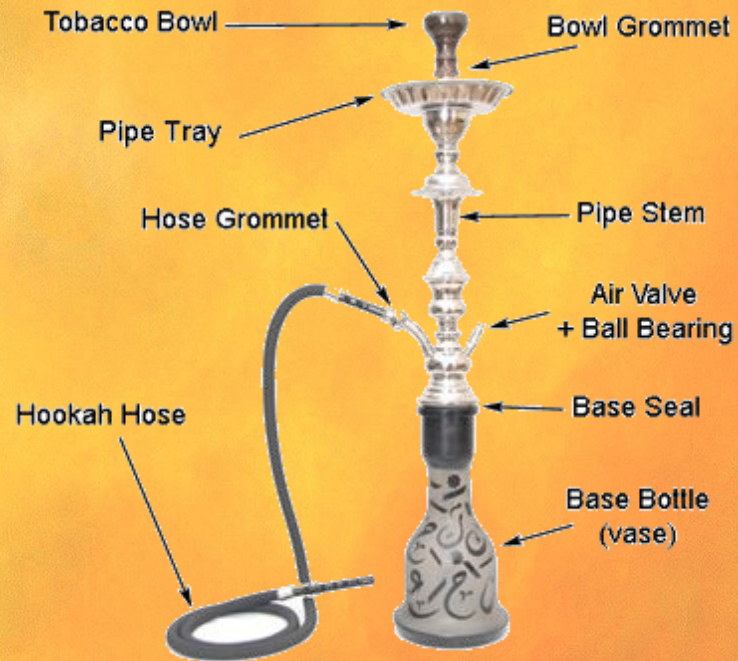


quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

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Shisha

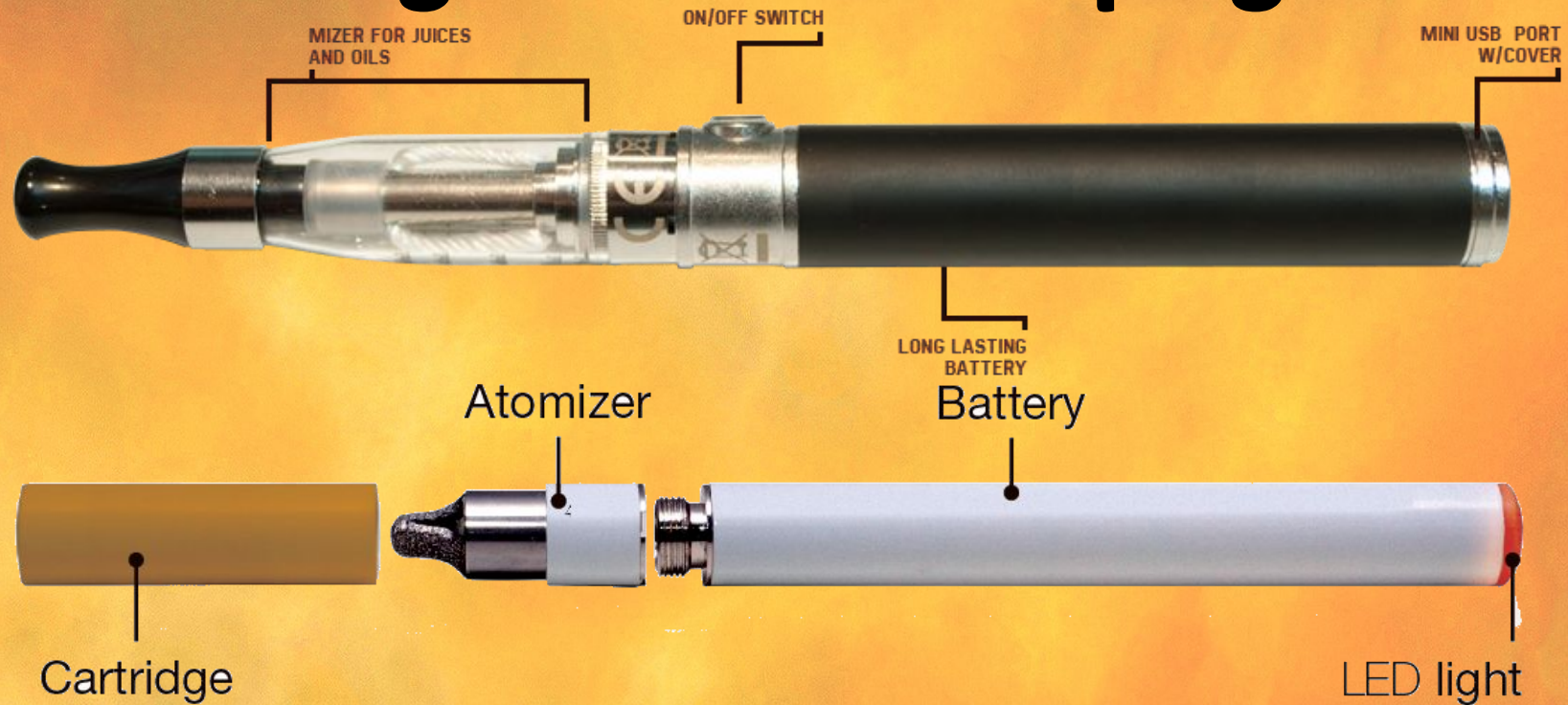
- Is it *really* harmful?
- Shisha bars and the shisha culture
- What we can do



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e-cigarettes and vaping



- **Who said they're '95% safer than smoking conventional cigarettes'?**

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How to stop smoking

- **Physical**
 - nicotine replacement
 - Champix/Zyban
 - smoking cessation clinics
- **Psychological**
 - determination
 - find a replacement



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Stop Smoking Comparison

NHS Nicotine Replacement Therapy	e-cigarette	Vaporizer
Free/£29.10	£200-400	£300+
Stop smoking support included	No support	No support
gum/patches/lozenges/ inhalators/nasal sprays Champix/Zyban	Variable delivery of nicotine Safety concerns	Multiple flavours Regular delivery of nicotine Safety concerns

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Take home points

- **All smoking is harmful**
- **Attend Smoking Cessation Clinic and use NRT to stop**
- **If you don't smoke, don't be shy to remind a smoker to stop**

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More Information

- www.nhs.uk/smokefree
- www.quitshisha.com
- **Bolton Stop Smoking Service:**
 - 01204 462 345
- www.boltonft.nhs.uk/services/smoking-cessation/

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Join the campaign and sign the petition

bit.ly/SmokefreeEntrances

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