



Milton Keynes  
University Hospital  
NHS Foundation Trust

# Become Smoke Free

A guide for patients



This leaflet will provide you with helpful tips and links to websites on smoking and how to become smoke free.

## Smoking and children's health

Children are vulnerable to second-hand smoke as they have less developed airways, lungs, and immune systems. Every year 9500 children are admitted to hospital because of the effects of second-hand smoke. By giving up smoking you reduce your child's risk of illnesses like:

- Asthma
- Bronchiolitis
- chest infections – like pneumonia
- coughs and colds
- allergies

It is now illegal to smoke in vehicles with someone under 18 present and both drivers and passengers could be fined £50. What's more, quitting sets a good example – so children are much less likely to smoke themselves. The benefits of quitting smoking can be that you will be and feel a lot healthier, you will save a lot of money and you reduce your children's chances of ill health.

Everyone's got their own reasons for stopping smoking – these are just some of them. Whatever your personal reason, it's a good idea to write it down, that way you'll be able to use it as a source of strength when you're feeling tempted.

**Tip 1:** Download the NHS Smokefree App

**Tip 2:** Order a Quit Kit support pack from <https://quitnow.smokefree.nhs.uk/>

**Tip 3:** Visit your GP or Pharmacist for advice on nicotine replacement therapy



### Visit these useful websites:

<http://www.nhs.uk/smokefree>

A useful site to find out how stopping smoking will change your life for the better.

<http://www.ash.org.uk/stopping-smoking/quitting-smoking/stopping-smoking-links>

Action on smoking and health website has links to other resources and websites to provide information around the effects of smoking and how to quit.

<http://www.nhs.uk/LiveWell/Smoking/Pages/stopsmokingnewhome.aspx>

NHS website providing advice about stop smoking.

<https://www.bhf.org.uk/heart-matters-magazine/wellbeing/stop-smoking/smoking-tips>

Information by British Heart Foundation provides advice about stop smoking and links to support services and forums.

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[www.mkhcharity.org.uk](http://www.mkhcharity.org.uk)

