



# STOP SMOKING MYTHS

## MYTH

### **NICOTINE REPLACEMENT THERAPY (NRT) WILL STOP ME FROM EXPERIENCING ANY CRAVINGS**

## TRUTH

NRT products provide you with low levels of nicotine to help you take the edge of cravings you might experience. Your stop smoking advisor will guide you to ensure you use NRT products to manage your cravings effectively.

## MYTH

### **NICOTINE REPLACEMENT THERAPY (NRT) DOESN'T WORK**

## TRUTH

Research strongly indicates that NRT and prescription stop smoking tablets (Champix and Zyban) can double your chances of successfully quitting. All stop smoking treatments work better when used alongside a programme of stop smoking support.

## MYTH

### **SMOKING HELPS MANAGE MY STRESS LEVELS**

## TRUTH

Nicotine alters the balance of dopamine and noradrenaline; this results in feelings of relief and enjoyment. However, nicotine is a stimulant and in the long term makes stress harder to manage.

## MYTH

### **NICOTINE CAUSES CANCER**

## TRUTH

Nicotine does not cause cancer. It's the other toxic chemicals in cigarettes that damage your health. Nicotine Replacement Therapy products provide nicotine your body is craving but in a safe form, without tars and carbon monoxide.

## MYTH

### **I'VE BEEN SMOKING FOR OVER 5 YEARS, THE DAMAGE IS ALREADY DONE**

## TRUTH

It is never too late to quit. No matter how long you have smoked, stopping will give your heart and lungs a chance to improve.

**ONE YOU SURREY**