



LOCAL NHS STOP SMOKING SERVICES

For one-to-one or group-based advice. Just text

GIVE UP plus your postcode to **88088**

NHS Smoking Helpline

7am-11pm every day

0800 169 0 169

Textphone

0800 169 0 171

For free advice, help and support

For online help and support and
the chance to 'Ask an Expert'

GOSMOKEFREE.CO.UK

Your local GP or pharmacist

**FOR PRODUCTS TO REDUCE
NICOTINE CRAVINGS**

NHS Pregnancy Smoking Helpline

12pm-9pm every day

0800 169 9 169

NHS Asian Tobacco Helplines

1pm-9pm Tuesdays

0800 169 0 881 URDU

0800 169 0 882 PUNJABI

0800 169 0 883 HINDI

0800 169 0 884 GUJARATI

0800 169 0 885 BENGALI

NO CHANCE GET LUCKY

Your guide to being footloose and smokefree.

GET LOST! GET IT ON

No matter who you are, there's always something to worry about – your hair, your teeth, your skin, how you smell. It's a minefield. But if you're a smoker, there's one simple thing you can do to cut down on the anxiety. Go smokefree.

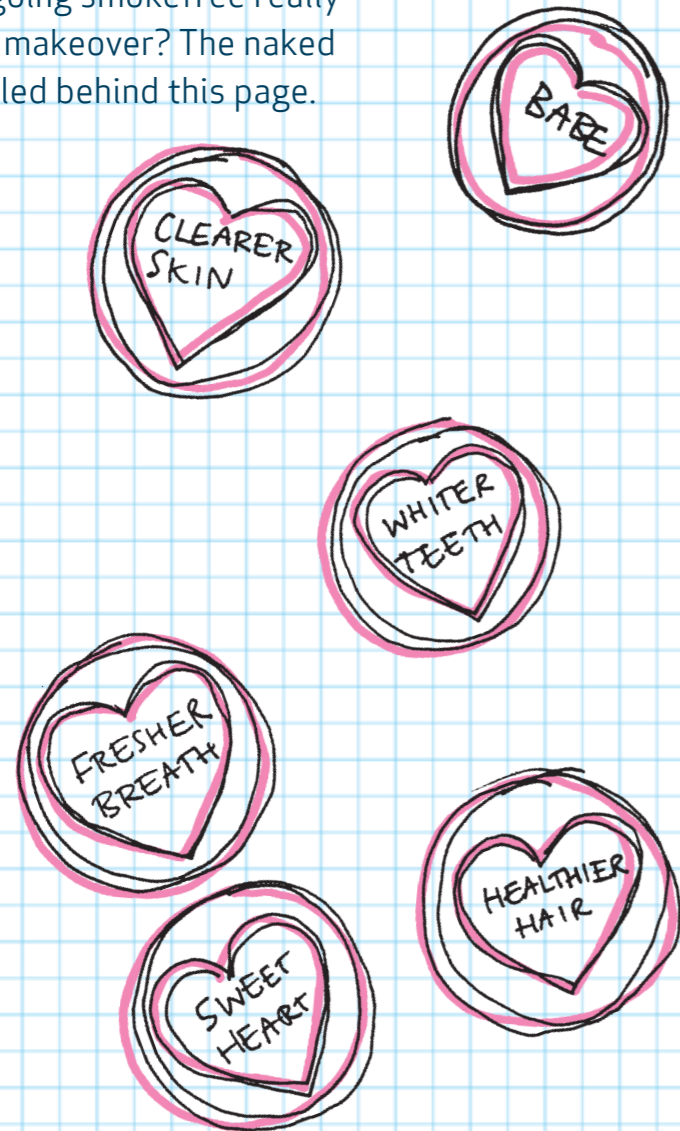
What a lot of people don't realise is that when you stop smoking, you can give your hopes of getting some action a real boost, and not only that, but for guys, you improve your chances of being able to perform when you do get there.

This booklet gives you the naked truth about the damage that smoking is doing to you now, and shows you how quickly you can turn it around, and start getting the right kind of attention.

DID YOU KNOW?
SMOKING A PACK A DAY COSTS
OVER £150 A MONTH? JUST THINK
WHAT YOU COULD DO WITH THAT
KIND OF MONEY...

ROUGH SMOOTH

Hey, girls! Is going smokefree really better than a makeover? The naked truth is revealed behind this page.



MINGER STUNNER

Most girls spend hours preparing for a special appearance such as a night out or a hot date. Why bother? The naked truth is that smoking makes you look worse in so many ways.

- YOUR SKIN** Smoking ages and dulls your skin, giving you wrinkles. So a 'cat's bum mouth' is always a possibility. It can also treble your chances of developing psoriasis, a chronic skin condition.
- YOUR WAIST** Smoking makes you store weight around your waist, and nobody finds a 'muffin top' attractive. It also increases your risk of cellulite.
- YOUR TEETH** The nicotine ends up staining your teeth and puts you in line for gum disease and tooth loss. So you've really nothing to smile about.
- YOUR HAIR** Smoking starves your hair of oxygen, making it lifeless and brittle.
- YOUR SMELL** And smoking also leaves a stink on your breath, hair and clothes which is really hard to get rid of.

THE BEST BEAUTY TIP OF ALL IS TO GO SMOKEFREE

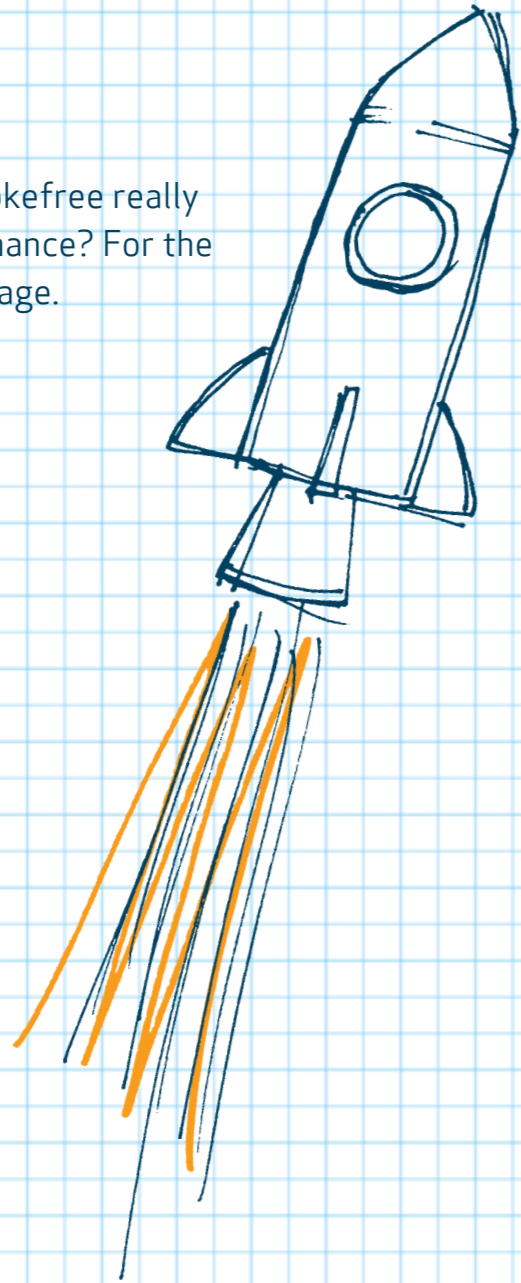
As soon as you stop smoking your body begins to repair itself, and within just a week you'll notice the difference. Some girls worry about gaining weight, and although you may put on a few pounds initially, you can soon burn it off through a combination of diet and exercise.

DID YOU KNOW? ALMOST 50% OF MEN ASSOCIATE SMOKING WITH WRINKLES, BAD SKIN AND RUBBISH KISSING.



LIMP HARD

Hey, guys! Does going smokefree really boost your sexual performance? For the naked truth, just flip the page.



DID YOU KNOW? ONE IN FIVE 18-35 YEAR OLDS
BELIEVE NON-SMOKERS MAKE BETTER LOVERS.

DOWN UP

They say guys think about sex every five minutes. But what's the point of thinking about it if you can't follow through? Whether you're out on the pull or simply want to show your partner a better time in bed, there's one sure way to improve your chances. And that's to stop smoking. The naked truth is that smoking makes it more difficult for you to get it up.

YOUR BLOOD VESSELS

When you smoke, any erection you get is smaller, softer and less impressive than when you're smokefree. That's because smoking causes fatty deposits to build up inside your blood vessels, which restrict the flow of blood to your penis.

YOUR ERECTION

Over time, this fat blockage can become so severe, that you might not be able to get hard at all and effectively become impotent.

The good news is that when you stop smoking, the fat that restricts the blood-flow can start to break down and your erections regain their original strength. For some men, though, the damage can be permanent. So, the sooner you go smokefree, the less likely you are to be impotent for good.



ONE DAY TODAY

As well as damaging your chances of pulling, in the long term smoking can be extremely bad for you. Go smokefree to take matters into your own hands and take control of your life.

PROBLEM

It's one thing to give up your sex life for cigarettes, but the longer you smoke the more you increase your chances of serious illness. As well as cancer, smoking causes heart disease, breathing problems and many other illnesses.

SOLUTION

Going smokefree is simpler than you may think, and there's lots of help available. It's a matter of finding the method, or combination of methods that works best for you.

Your local NHS Stop Smoking Service can help you create a realistic plan and

give you lots of support along the way. You can work with an advisor one-to-one or in a group, whatever you prefer.

Nicotine Replacement Therapies (NRT) can help you through those early stages when cravings are strongest. Using NRT, you'll be twice as likely to succeed.

The Together Programme gives you support even if you don't want to leave the house. Through information packs, text messages, emails and phone calls, you'll have help at the crucial moments. And it's all free!

To find out which method of going smokefree would work best for you call the helpline on **0800 169 0 169**, or visit **GOSMOKEFREE.CO.UK**

10 TIPS FOR GOING SMOKEFREE

- TEXT GIVEUP WITH YOUR FULL POSTCODE TO 88088
- PLAN WHEN YOU'RE GOING TO GIVE UP IN ADVANCE
- GET RID OF ALL YOUR FAGS
- TELL YOUR FRIENDS AND FAMILY SO THEY CAN HELP YOU
- WRITE DOWN A LIST OF THINGS THAT MAKE YOU WANT TO SMOKE
- GIVE UP WITH A MATE
- AVOID SITUATIONS WHERE YOU WOULD NORMALLY SMOKE
- KEEP TRACK OF HOW MUCH MONEY YOU ARE SAVING AS YOU GO ALONG
- PLAN SOME LONG TERM REWARDS FOR YOURSELF
- KEEP TELLING YOURSELF YOU CAN DO IT.