



Had enough of smoking? Talk to us.

If you are a current smoker I am delighted to let you know that free help and advice is available to you here at Ramsey Rainbow Surgery. In the UK, cigarette smoking is responsible for approximately 106,000 deaths per year – more than 2,000 per week, 300 per day, 12 per hour. About 4,000 chemical compounds have been identified in cigarette smoke, of which over 40 are known to cause cancer.

You may already be thinking about the health benefits, the cost of smoking, second hand smoke issues (passive smoking) and how smoking affects your family.

A brief discussion on stopping smoking is one of the most effective ways to help you stop smoking. Using Nicotine Replacement Therapy or Zyban® doubles the chances of your success and if you get help from a trained advisor your chances of stopping for good are increased up to four times. You can also access much cheaper Nicotine Replacement Therapy (or FREE access if you are entitled to free prescriptions).

I am very pleased to inform you that we have a trained member of Camquit Cambridgeshire Stop Smoking Service working at our practice. If you want to find out more, sign up and quit smoking for good!

Please phone Camquit on 01480 418 693 to arrange an appointment, or visit our Smoking Cessation Clinic at Ramsey Rainbow Surgery every Monday at 17:00pm.