

Case Study 2 – Blackpool Tobacco Addiction Service

David came to the stop smoking service in March this year. He was 57 and had been advised by his doctors to give up smoking for his asthma and his heart. He was smoking very heavily and wanted to stop smoking as he wanted to be a role model for his children and help his health.

David decided to use Nicotine Replacement Therapy to help him stop smoking and he attended weekly and other than one lapse in week three stopped smoking. When he was discharged from us, and he was 77 days smoke free he told us he would never smoke again.

David was happy to Share his thoughts on stopping smoking:

Stopping Smoking to me means the world to me. I'm sure I were killing myself slowly but surely, I have a reason to live and that's my kids. I have emphysema and heart problems through smoking. I started smoking at school behind the bike sheds at 11 years old. I'm now 57. Before I stopped smoking, I was very short of breath and needed inhalers all the time. I don't need them as much at all now. I really don't think I could have stopped without stopping smoking program and my own will power. I say to anyone if you want to stop you will do it, it's not as hard as what you think. The patches helped tremendously, getting less and less mgs of nicotine over the weeks of the course. I know myself now that I was slowly killing myself. I have a reason to live and that's my kids and also, I like living. Anyone who tries to do it for someone else or just go through the motions will fail. I smoked all my adult life and thought I'd never be able to stop but I found it easier than what I imagined. The course is there to help you and if you are determined you will stop if you're kidding yourself, you will fail