

### **Case Study 1 – Blackpool Tobacco Addiction Service**

Susan started her journey to quitting after a conversation a medical professional regarding her health. After attending an appointment and setting a quit date Susan found a combination of NRT products (patch and Inhalator) and committing to regular weekly appointments with an advisor really helpful. Alongside the support of family, Susan is 21 days smoke free and her advice to anyone making a quit attempt is to “not focus on how you feel in the moment but look forward to how you will feel in a weeks’ time at your next appointment when you are still smoke free. Take deep breaths in the difficult times and keep yourself busy and distracted”.