

Further information

For further information regarding smoking cessation and alcohol, you can contact your clinical nurse specialist or your GP. The following organisations can also help:

Greater Manchester (GM) Health Hub
www.gmhealthhub.org

Macmillan Cancer Support
www.macmillan.org.uk Freephone: 0808 808 00 00

Alcoholics Anonymous Manchester
www.alcoholics-anonymous.org.uk Tel: 0161 839 2881

NHS Smokefree
www.nhs.uk/smokefree

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact the-christie.patient.information@nhs.net

For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

Smoking cessation and alcohol advice services at The Christie

Go smoke free before:

- Surgery
- Radiotherapy
- Chemotherapy
- Immunotherapy
- Brachytherapy or
- Clinical trial entry

In order to maximise the benefit of your treatment and reduce side-effects.

A **free**, confidential smoking cessation and alcohol advice service is available for patients and carers at The Christie, providing helpful advice and treatment. Why not book a face-to-face or telephone consultation with one of our health advisors?

Tel: 0161 956 1215 or 07392 278 408



Why is it important to stop smoking?

Smoking reduces the effectiveness of cancer treatments, and increases the risk of treatment-related side effects, and is associated with symptoms such as nausea and anxiety.

For patients undergoing surgery, stopping smoking ahead of the operation can reduce the risk from the anaesthetic, greatly improve wound healing and reduce the risk of infection. Patients who stop smoking prior to radiotherapy or chemotherapy will increase the chance of a successful response to treatment, and reduce the risk of side-effects such as mouth and skin soreness, nausea, tiredness and poor sleep. Becoming smoke-free is the most important step you can take to improve your health and the risk of early death from cancer and other diseases.

At The Christie we strongly advise you not to smoke. We are mindful that stopping smoking is difficult at any time, but particularly so around the time of a cancer diagnosis, and are committed to giving you the support you need helping you stop.

How can we help you go smoke-free?

We will arrange a face-to-face or telephone consultation where we will create a personalised plan for you. During this consultation we can arrange a prescription for approved nicotine replacement therapy (NRT) products and show you how to use them.

We can also:

- Teach you coping strategies to manage craving symptoms.
- Teach you rapid relaxation and breathing techniques.
- Provide hypnotherapy sessions.
- Provide information about where to get further help locally

E-cigarettes

Please **do not** use electronic cigarettes within our buildings or entrances. There are ignition devices and heating elements in many of these devices with significant risk of explosion or fire.

In order to protect our patients and staff, The Christie is a smoke-free

site. Smoking or the use of electronic cigarettes is not permitted within our buildings or grounds.

Why do we ask about alcohol use?

We will ask you about your alcohol use as a normal part of taking your medical history. It is not unusual for patients to increase their alcohol consumption on being diagnosed with cancer, but this can lead to problems with poor sleep, low mood and anxiety. Drinking excess alcohol during cancer treatment can increase side-effects, and may affect the outcome of cancer treatment itself. If you are dependent on alcohol, stopping suddenly can be dangerous and lead to an alcohol withdrawal syndrome.

Our health advisors can provide information about safe alcohol usage and a safe, controlled withdrawal from alcohol during cancer treatment. It is very important that you tell us about how much alcohol you drink so that we can offer you the right support. Your medical team can prescribe medications to help you safely withdraw from alcohol, and minimise the risk of alcohol-related health problems.

Accessing smoking cessation and alcohol advice at The Christie

You are eligible to use our smoking cessation and alcohol advice services if:

- You are an inpatient at The Christie
- You are attending The Christie for treatment or treatment preparation.
- You regularly visit or attend with Christie patients

If you are an inpatient at The Christie, one of our health advisors can visit you on the ward for support and advice. Please ask the ward staff to make a referral on your behalf.

If you would like to know more about our services or wish to learn about accessing support nearer to where you live, please contact our team on:

0161 956 1215 or 07392 278408