

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

Tel: 0161 446 8236 or 0161 918 7175 or contact us via our hospital switchboard 0161 446 3000 and ask for bleep 12565.

Why is it important to stop smoking?

Smoking during cancer treatment increases the risk of infection, nausea and anxiety. It is also essential to stop smoking ahead of surgery to reduce anaesthetic risks, improve wound healing and promote recovery. Smoking is known to reduce the effectiveness of chemotherapy and radiotherapy. It can also increase the risk of mouth and skin soreness, chest infections fatigue and poor sleep.

Becoming smoke-free is the most important step you can take to reduce ill health and early death from many cancers and other lung and heart diseases. We strongly advise you not to smoke.

Why do we ask about alcohol use?

We will ask you about alcohol use as a normal part of taking your medical history. It is not unusual for patients to increase its use on diagnosis, adding to insomnia, low mood and anxiety. Drinking alcohol during cancer treatment can increase side effects, and may affect the outcome of cancer treatment itself.

Our health advisors can provide information about safer alcohol usage and withdrawal from alcohol during cancer treatment. It is essential that you let us know about any regular or increased alcohol use so that we can organise essential withdrawal support. Our doctors can prescribe vitamin B and other medications to help you safely withdraw from alcohol.

Are you using an electronic cigarette?

Electronic cigarettes are not regulated for medical usage. The vapour produced can contain varying amounts of nicotine and other potentially hazardous additives. We would advise switching to medically approved forms of nicotine replacement. (NRT). 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 for explosion or fire.

Do not smoke or use an electronic cigarette whilst receiving oxygen or near oxygen or medical gases cylinders or outlets. You risk serious harm to yourself or others from fire or explosion.

How can we help you to go smoke-free?

We can help you by arranging an NRT prescription and showing you how to use NRT products and by providing:

- information about medically approved nicotine replacement therapies
- coping strategies for managing cravings
- rapid relaxation, breathing and hypnotherapy techniques
- information about where to get help and support locally
- advice about switching/withdrawing from using electronic cigarettes
- ear acupuncture – temporary acu-seeds placed on the earlobes.

Can anyone have smoking cessation and alcohol advice?

You are eligible to request our help if you are:

- an inpatient
- attending the hospital for treatment or treatment preparation
- accompanying/visiting patients regularly.

If you would like to know more about our services and/or need to identify support and advice nearer to where you live, please do not hesitate to contact our health advisors on:

Tel: 0161 446 8236 or 0161 918 7175 or contact us via our hospital switchboard 0161 446 3000 and ask for bleep 12565.

What happens if you are an inpatient?

One of our health advisors can see you on the ward for support, advice and treatment. Please ask the ward staff to make a referral on your behalf.

Further information

For further information and advice you can contact your local Macmillan nurse or GP.

For information about nationwide cancer care services please contact:

Macmillan Cancer Support
Freephone **0808 808 00 00**

Quit
Smokers' quitline provides support and advice. Freephone **0800 002200**

Alcoholics Anonymous Manchester
0161 839 2881

NHS Smokefree
Freephone **0800 022 4332**

**Electronic cigarettes are not permitted within our building or close to entrances.
The Christie and its grounds are a non-smoking site.**

For more information about The Christie and our services, please visit www.christie.nhs.uk or visit the cancer information centres at Withington, Oldham or Salford.

The Christie NHS Foundation Trust
Wilmslow Road
Withington
Manchester M20 4BX

Tel: 0161 446 3000
www.christie.nhs.uk

The Christie Patient Information Service
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The Christie 
NHS Foundation Trust

Smoking cessation and alcohol advice services



Go smoke free before:

- surgery
- radiotherapy
- chemotherapy
- brachytherapy
- clinical trial

and get the best from your treatment and reduce side effects

This service is supported by

The Christie 
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