

Smoking Cessation Clinic



The Pharmacy department at Ng Teng Fong General Hospital runs Smoking Cessation Clinics to help smokers quit smoking and lead healthier lives. Run by experienced pharmacists who are certified Quit Smoking Consultants, we offer this service to patients as well as the general public. Our Smoking Cessation team is here to help you quit the cigarette for good.

Benefits of going smoke-free

WITHIN 20 MINUTES

Blood pressure and heart rate normalises

WITHIN 8 HOURS

Carbon monoxide and oxygen levels in body returns to normal

WITHIN 3 DAYS

Breathing and energy levels improve

WITHIN 3 MONTHS

Blood circulation and lung function improve

WITHIN 1 YEAR

Risk of smoking related heart attack is reduced by 50%

WITHIN 5 YEARS

Risk of stroke becomes equal to a non-smoker

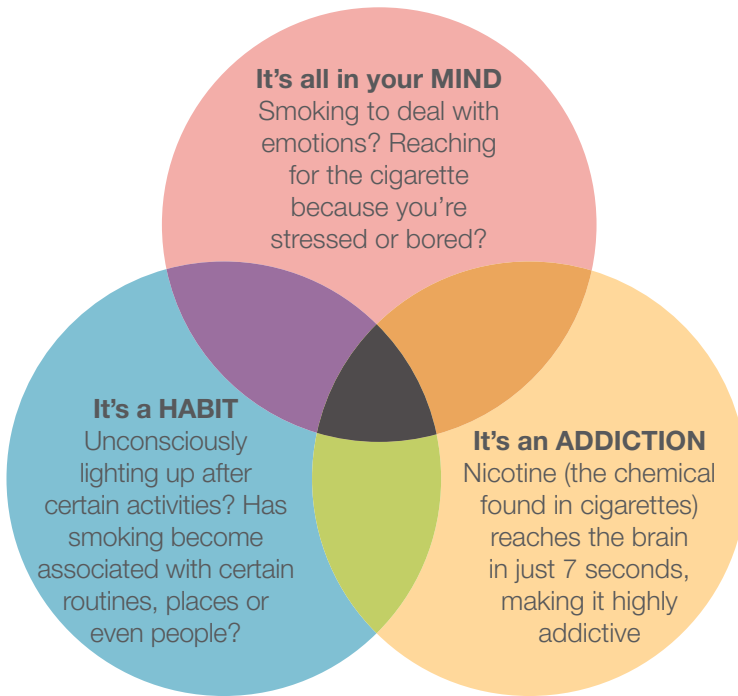
WITHIN 10 YEARS

Risk of lung and other cancer decreases

BETTER HEALTH!



You light up because ...



Methods of Quitting

Our Quit Smoking consultants can help you understand your smoking habits and advise you on the use of the use of medications such as nicotine replacement therapy to help battle the addiction. Speak to us to find the best quit method for yourself.

Go cold turkey

Choose a date and commit to stop smoking completely from that day onwards. You may choose a meaningful date to strengthen your resolve to stay smoke-free.

Gradual reduction

Reduce your cigarette intake slowly until your quit date and then stop. Remember to set achievable goals and record your progress!

Nicotine replacement therapy

Nicotine replacement therapy (NRT) works by providing you with small amounts of nicotine, without the use of tobacco. This helps to reduce your craving for cigarettes while you focus on slowly weaning yourself from the chemical dependence. There are several types of NRTs available, such as nicotine patches, gums and lozenges. You may obtain them from pharmacies without a prescription. Check with our Quit Smoking Consultants to find the one which best suits you.

Prescription Medications

Varenicline tablets and Bupropion tablets are drugs which do not contain nicotine but can help you deal with cravings and withdrawal symptoms. These medications require a doctor's prescription and regular follow up with the rescriber.

Preparing you for withdrawal symptoms

You may experience some withdrawal symptoms after you quit smoking but bear in mind, they are just signs that your body is recovering. By understanding the symptoms, you will be better prepared for them. Read on for some tips on how to cope! While nicotine withdrawal is never pleasant, remember that it's only a temporary situation. Withdrawal symptoms usually last for only a few weeks and get better over time.



Withdrawal symptom	Helpful coping strategies
<p>Constant craving</p> <p>As the levels of nicotine in the body drop, you will feel an urge to replace it.</p>	<p>Employ the 5Ds quit tips:</p> <ul style="list-style-type: none"> • Distract yourself • Delay lighting up • Deep breathing exercises • Drink sips of water slowly • Discuss your feelings with someone
<p>Mood changes</p> <p>You may be more irritable and stressed as your hormonal system and body adjusts to a nicotine-free life.</p>	<ul style="list-style-type: none"> • Try some relaxation exercises • Get enough sleep • Listen to soothing music
<p>Flu-like symptoms</p> <p>While your lungs try to clear the accumulated tar, mucus and dead cells, you might start to cough more. Abrupt cessation may also trigger an immune response leading to malaise and flu-like symptoms.</p>	<ul style="list-style-type: none"> • Drink plenty of water to remain well hydrated • Try some sugar-free cough drops • Get enough rest
<p>Tingling Sensation</p> <p>Improvement in blood circulation can cause tingling sensation in your fingers and toes.</p>	<ul style="list-style-type: none"> • Try some hand and foot massages • Do light stretching exercise
<p>Weight gain</p> <p>As your taste buds recover, food seems to taste better, and you may eat more. It is also easy to replace smoking habits with snacking. Do not be discouraged, weight gain is only temporary and can be easily managed.</p>	<ul style="list-style-type: none"> • Eat well-balanced meals • Avoid skipping meals • Opt for healthier snack options such as fresh fruits and vegetable sticks • Aim for 30 mins of physical activity a day at least 3 days a week.

Would you like to find out more about our smoking cessation services?

During a smoking cessation session, our Quit Smoking Consultant will address your smoking habits and advise the use of pharmacotherapy according to your needs and suitability. A personalised quit smoking plan will be tailored for you.

What happens during a consultation:

- Your smoking history, habits and nicotine addiction are assessed.
- A personalised plan is drawn up to help you on your quit journey..
- Get useful tips to help you quit and cope with nicotine withdrawal.
- Individualised pharmacotherapy will be recommended.
- Your Quit Smoking Consultant monitors your progress.
- You receive motivation and encouragement.



For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

www.ntfgh.com.sg

www.jch.com.sg

Clinic opening hours

Monday – Friday 8.30am – 5.30pm, Saturday 8.30am – 12.30pm

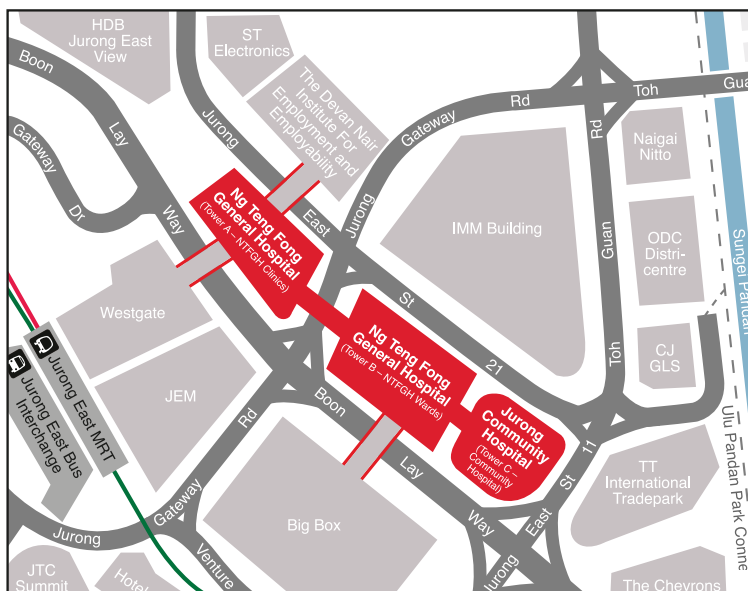
Dental clinic: Monday – Thursday 8.00am – 5.30pm, Friday 8.00am – 5.00pm

Appointments

Appointment line: 6716 2222

Dental appointment line: 6716 2233

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

99, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.