

## Smoking case study



### 20 cigarettes a day

*“My mother passed away due to smoking and I didn’t want my children to go through the same trauma.”*

#### Breaking the habit

50 year old Gena, from North Devon has been smoke free for six months following support from her Local Stop Smoking Service OneSmallStep. A smoker of 20 roll ups a day, she had never attempted to quit before. Gena made the decision to do so after her mother passed away.

“I wasn’t enjoying smoking, it was just a habit and I often had a bad chest. I saw my mother die from chronic obstructive pulmonary disease (COPD) 4 years previously and I didn’t want my children to go through the same trauma.”



Gena contacted OneSmallStep in March 2018 after seeing an advert in her local GP surgery. She called the freephone number and was put through to OneSmallStep's team of specialist advisors.

### **Regular support**

Gena was given regular appointments, at her local Stop smoking clinic in Bideford, with stop smoking advisor, Lyn.

Lyn said, "We discussed at the assessment what type of meds would best suit Gena. Gena decided she would like to use a 16 hour patch and an inhalator. Gena travels in her car to visit people with work and we thought an inhalator would help as this was a trigger for Gena to smoke."

Lyn scheduled all support appointments around Gena, so it was easy and convenient. They met less frequently as Gena's confidence increased.

"Gena was very positive from the start about quitting. She had an unexpected bereavement which she has coped with without smoking. She feels confident she will not smoke again."

Gena says, "Having someone to speak to on a regular basis gave me the motivation to stay smoke free, even when it was really tough Lyn told me a number of useful strategies to deal with my cravings, things like getting rid of any tobacco in the house, in preparation for the next day, and recognising what my triggers are."

### **Feeling healthier each day**

Since quitting, Gena says she feels healthier and much more determined to stay smoke free.

"I haven't smoked for six months. I feel positive, I no longer smell of smoke and I have more money in my bank account. To anyone else living in Devon and thinking of quitting, I would say go for it – get in touch with One Small Step today!"