



In safe hands

Local Smoking Cessation Services

It is well known that smoking is a leading cause of preventable illness and premature death and the principle risk factor for oral cancer. However, smoking is also a risk factor for, or cause of dental conditions such as halitosis and periodontitis (gum disease). Furthermore it has been shown that smoking is a significant risk factor in the initial and long term success of dental implants. As health care professionals, we feel that it is important that we make you aware of these risks and offer help and support. Although we do not currently have a smoking cessation service available at Hospital Lane Dental and Implant Clinic, there are many local services that will be able to give you help, advice and support should you wish to stop or cut down.

Please find a list below of possible options:

Medway Stop Smoking Service

0800 234 6805

<http://www.abettermedway.co.uk/smokefree/stopsmokingservice.aspx>

Kent Community Health 'QUIT' Stop Smoking Service

0300 1231220 or text 'QUIT' to 87023

NHS Smokefree Service

www.nhs.uk/smokefree

Boots Pharmacy : Smoke Less Plan

Available locally at: The Pentagon Centre, Chatham
Hempstead Valley, Gillingham
Fremlin Walk, Maidstone
Bluewater Shopping Centre

Allen Carr Easyway

<http://www.allencarseasyway.co.uk/>

Allen Carr's Easyway to Stop Smoking sessions are held at:

The De Vere Village Hotel, Castle View, Forstal Road, Sandling, Maidstone

Alternative Therapies may be useful such as:

Hypnotherapy

Rob Woodgate NCH

North Kent Hypnotherapy 01474 740724

<http://www.northkenthypnotherapy.com/>