

## What help is available?

The stop smoking service can:

- offer you support to stop smoking
- look at treatments to help you deal with cravings
- help your friends and family not to smoke around you.

This help is available in the hospital or you might want to get support nearer to your home. Tell us and we can arrange this.

You can also contact us even if you are not planning to stop right now.

 **0131 537 2229**

## What if I have already stopped?

You can also call us if you have already stopped smoking but want some support to stay stopped.

## Who do I contact for help?

- Ask the doctor or nurse at the thyroid eye clinic. They will give you information on local stop smoking services in the community.

- **Call the hospital stop smoking services direct on:**

 **0131 537 2229**

Information about stopping smoking is also available from:

- Your GP surgery or local community pharmacy

- **Smokeline** on

 **0800 84 84 84**  
(support in 100 languages available)

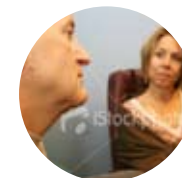
- **[www.canstopsmoking.com](http://www.canstopsmoking.com)**

- **[www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)** - click on link at bottom left of home page for stop smoking services.

# Can we help you to stop smoking?

**Information for people with thyroid-related eye disease**

Why it is important for you





## What is thyroid eye disease?

Graves disease is a condition caused by antibodies which attack the thyroid gland, making it overactive.

These antibodies can also attack the muscles around the eyes, causing thyroid eye disease.

Usually, eye problems develop when the thyroid is overactive.

Eye problems can also develop before the thyroid becomes overactive or after it has settled down.

It is possible to have Graves disease without the eyes being affected.

## Why should I stop smoking?

Stopping smoking has general benefits for your health, including reducing the risk of heart disease and lung cancer.

However, many people are unaware that smoking can also worsen thyroid eye disease.

## What are the benefits of stopping smoking in thyroid eye disease?

### Research shows that:

- Smokers suffer more severe eye disease than non-smokers
- Smoking can either delay or worsen the outcomes of treatments for thyroid eye disease
- Stopping smoking is associated with a better outcome for people with thyroid eye disease
- Although cutting down may reduce the risk slightly, the best way to reduce risk is to stop completely.



## Why should I get help to stop smoking?

- You are four times more likely to stop smoking using NHS support services and treatment than doing it on your own
- There is also some research showing that the more support you have, the more you are likely to stop.

## Who can get help to stop smoking?

Anyone can get help from NHS stop smoking services. **All help, support and advice is free.** If you use a product you may have to pay a prescription charge unless you have prepaid or are exempt.