

## Giles Story: How I gave up Smoking

I began smoking aged 18 and within a few years I was smoking 25 a day. I often thought about quitting but the time never seemed right. Twice I tried but failed miserably only stopping for a few days. I've smoked for 40 years.

Then one day 6 years ago, a friend of mine said he was going to stop using Champix. "Tell me more" I said and he explained what it was. "You should try it". So I booked an appointment with my doctor surgery and was interviewed by the nurse. "You need to state a date that you're going to give up, we recommend 5 to 7 days after starting the course" she said. I was a bit staggered by this, "Sunday" I said.

I began the course and remember going outside last thing on Saturday night for my last smoke of the day. Following morning, Sunday, I made a cup of coffee, opened my back door, put my hand down to pick up the cigarettes and to my utter astonishment I didn't want one. In fact, I haven't had one since.

I have very little will power. I always wanted to give up smoking and if someone could wave a magic wand and make me an ex-smoker I'd go for it. Champix gave me a mental tool kit to deal with smoking. Very occasionally I'd have a gentle urge for a smoke. It was a bit like being pestered. I just told the urge to go away and it did. Now I can stand next to someone smoking and it doesn't bother me in the slightest, even if I inadvertently inhale a few fumes.

Giving up has revolutionised my life. I've been able to retire early as there has been a huge cost saving. I feel I have more energy and I've really got into fitness. My lungs feel better and I don't wheeze!

Start your Stop Smoking journey <https://www.nhs.uk/better-health/quit-smoking/>

