

71-year-old Nicholstown surgery patient Patrick, had smoked since he was 7 years old.

After a cancer diagnosis in 2019 Patrick realised that he needed to quit smoking to improve his health.

He had tried various times by himself to quit but had never managed to quite manage it.

He reduced his smoking from thirty cigarettes a day, down to five cigarettes and then before long he was back to smoking thirty again.

But Patrick didn't quit trying to quit and sought the help of Nicolstown Surgery's 'Health and Wellbeing Coaches'.

Patrick worked with Health and Wellbeing Coach Chelsie to address his smoking and barriers to quitting and is now happily smoke free for the first time.

**What are the benefits you have noticed since you quit Patrick?**

I used to be only able to walk fifty yards before cramping. I can now walk a mile. I walk to the shops rather than drive. After two weeks of quitting, I noticed my morning cough reduced and my breathing started to improve.

In just three months my sense of taste and smell improved. I used to previously dread having to go shopping but now I walk instead of drive to the shops as my health has improved.

I am now a lot more active since being smoke free.

**What advice would you give to someone who thinks they are too old to quit, or they have tried before?**

I thought I had tried everything. You must try everything until you find what works.

You are never too old to quit!

If you would like support from Solent NHS to quit smoking, then please contact your surgery or email the Health and Wellbeing Coaches directly for support.

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