

Hello,

According to your medical records, you are a current smoker, and we would like to offer you support in relation to your smoking.

Giving up smoking is the single most important action you can take to improve your health.

Help Me Quit Community is still operating. We have a dedicated team of Smoking Cessation Advisors able to provide behavioural support and advice as a telephone based service during the COVID-19 pandemic.

The Stop Smoking Advisor will discuss your smoking dependency, the treatment options available to give up smoking, and answer any questions about pharmacotherapy medication.

Last year, Aneurin Bevan Help Me Quit services treated 3825 adults to stop smoking.

Please contact Zoe Bailey on 07583 102681 to book an appointment

It does not matter if this is your first, second or 10th attempt at quitting, it is never too late and your success rate improves by 300% using NHS stop smoking support services.

If you are no longer a smoker, please can you complete and return the slip below to the surgery.

Yours sincerely

Dr

Clinical Lead GP

Please can you amend my medical record to reflect my current smoking status (please tick as appropriate)

Current smoker **Ex Smoker** **Never smoked**

Patient Name _____ Date of birth _____
Patient Signature _____ Date _____

Annwyl

Yn ôl eich cofnodion meddygol, rydych yn ysmegu ar hyn o bryd a hoffem gynnig cefnogaeth i chi gyda'r arferiad hwn.

Rhoi'r gorau i ysmegu yw'r un peth pwysicaf y gallwch ei wneud i wella eich iechyd.

Mae'r Gymuned Rhoi'r Gorau i Ysmegu yn dal i weithredu. Mae gennym dîm ymroddedig
Cynghorwyr Rhoi'r Gorau i Ysmegu sy'n gallu darparu cymorth a chyngor ymddygiadol fel gwasanaeth dros y ffôn yn ystod pandemig COVID-19.

Bydd y Cynghorydd Rhoi'r Gorau i Ysmegu yn trafod eich dibyniaeth ar ysmegu, yr opsiynau triniaeth sydd ar gael i roi'r gorau i ysmegu, ac ateb unrhyw gwestiynau am feddyginiaeth ffarmacolegol.

Y llynedd, triniwyd gwasanaethau Rhoi'r Gorau i Ysmegu Aneurin Bevan 3825 o oedolion i roi'r gorau i ysmegu.

Cysylltwch â Zoe Bailey ar 07583 102681 i drefnu apwyntiad.

Dim ots os mai hwn yw eich cynnig cyntaf, yr ail neu'r degfed tro i chi geisio rhoi'r gorau i ysmegu, nid yw byth yn rhy hwyr ac mae eich cyfradd llwyddiant yn gwella o 300% wrth ddefnyddio gwasanaethau cefnogi rhoi'r gorau i ysmegu'r GIG.

Os ydych wedi rhoi'r gorau i ysmegu, a fyddech chi cystal â chwblhau a dychwelyd y ffurflen isod i'r feddygfa.

Yn gywir iawn

Dr

Arweinydd Clinigol Meddygon Teulu

A allwch newid fy record feddygol i adlewyrchu fy statws ysmegu presennol (ticiwch fel y bo'n briodol)

Ysmegwr Presennol

Cyn Ysmegwr

Erioed wedi ysmegu

Enw'r Claf _____ Dyddiad geni _____

Llofnod y Claf _____ Dyddiad _____