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 ysmygu ar hyn o bryd a hoffem gynnig cefnogaeth i chi gyda’r arferiad hwn.

**Rhoi’r gorau i ysmygu yw’r un peth pwysicaf y gallwch ei wneud i wella eich iechyd.**

Mae’r Gymuned Rhoi’r Gorau i Ysmygu yn dal i weithredu. Mae gennym dîm ymroddedig

Cynghorwyr Rhoi'r Gorau i Ysmygu 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 Ysmygu yn trafod eich dibyniaeth ar ysmygu, yr opsiynau triniaeth sydd ar gael i roi'r gorau i ysmygu, ac ateb unrhyw gwestiynau am feddyginiaeth ffarmacolegol.

**Y llynedd, triniwyd gwasanaethau Rhoi'r Gorau i Ysmygu Aneurin Bevan 3825 o oedolion i roi'r gorau i ysmygu.**

**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 ysmygu, nid yw byth yn rhy hwyr ac mae eich cyfradd llwyddiant yn gwella o 300% wrth ddefnyddio gwasanaethau cefnogi rhoi’r gorau i ysmygu’r GIG.

**Os ydych wedi rhoi’r gorau i ysmygu, 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 ysmygu presennol

(ticiwch fel y bo'n briodol)



**Ysmygwr Presennol                    Cyn Ysmygwr            Erioed wedi ysmygu**

Enw'r Claf \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dyddiad geni \_\_\_\_\_\_\_\_\_\_\_\_

Llofnod y Claf \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dyddiad\_\_\_\_\_\_\_\_\_\_\_\_\_