

Yeadon Pharmacy Backs National No Smoking Day

The **co-operative** pharmacy

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A Yeadon **pharmacy** is getting behind next Wednesday's national No Smoking Day (10 March) by taking up temporary residence at two local health centres in a bid to help members of the community stop smoking.

Following the success of last year's event at Yeadon Health Centre, staff from The Co-operative Pharmacy in High Street will extend their advice sessions to offer help on stopping smoking at Silver Lane Surgery.

In partnership with the two health centres, staff will set up a stand in the South View Road and Suffolk Court clinics between 10:00am and 5:00pm.

Open to patients from all neighbouring surgeries, visitors will be given advice and counselling on giving up smoking and invited to use a smokerlyser, which measures the amount of carbon monoxide in the lungs and blood.

Patients will also be able to book appointments for the three-month smoking cessation programme and can receive free samples of nicotine patches and gum.

The Co-operative Pharmacy branch manager, Sageer Sharif, said: "Last year's event was extremely popular with visitors and we think that this year's national theme - 'Break free' - developed with smokers themselves, will have a powerful effect.

“Pharmacists are playing an increasing role in helping patients manage their own health and by working closely with GPs and other health professionals we can take important steps to reduce major health issues such as smoking in the local community.”

The smoking cessation programme allows patients to have one-to-one consultations with a smoking consultant, who can prescribe nicotine replacement therapy to suit the needs of the individual via [prescription services](#).

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