

Real life Livewell quitters: Sue from Derby

Sue's Stoptober success means she's still smoke free and slimmer one-year on



Sue Banks was one of hundreds of people in Derby to join Livewell during Stoptober 2017. Her 50th birthday was her biggest motivation to quit and kick her 30 year habit.

Now one year later, Sue is celebrating being one year smoke free thanks to Livewell's regular support and a treatment called Champix, which dampens withdrawal symptoms and blocks the effects of nicotine. Sue claims this worked really well for her.

A recent visit to her nurse reaffirmed the importance of her stopping smoking in lowering her risk of developing Chronic Obstructive Pulmonary Disease (COPD) – a group of lung conditions that causes breathing difficulties. With severe asthma, Sue's more likely to develop COPD and smoking is far and away the leading cause. Her nurse highlighted the importance of staying quit for the future of her lung health.

Sue said: "When my tests showed that I was borderline, it really hit the message home about the danger of smoking to my health. Knowing that I could still develop the disease means I have absolutely no desire to start again."

Aside from the health benefits, Sue feels like a new person adding: "I feel like I did when I was a teenager! I'm less stressed, have so much more energy and can focus on more things. Not being distracted by smoking has opened up other avenues like getting into yoga, swimming, exercise and other hobbies.

If you're a smoker and are even just thinking about quitting, I'd say go for it - you won't look back! With the support of a service like Livewell, you can beat the habit. They can even help you to manage your weight once you've stopped smoking. I've lost nearly a stone through free exercise sessions and a weight management course."

Want to join Sue?

Livewell can help you find your will power with free support and treatments. Find out more and book your first appointment at www.livewellderby.co.uk



Sue pictured with Livewell advisors, Paul (left) and Darminder.