

Stopping smoking

Information for people with thyroid related eye disease



QUIT
YOUR
WAY
with our
support

What is thyroid eye disease?

Graves' disease is a condition caused by antibodies which attack the thyroid gland, making it overactive.

These antibodies can also attack the muscles around the eyes, causing thyroid eye disease.

Usually, eye problems develop when the thyroid is overactive. Eye problems can also develop before the thyroid becomes overactive or after it has settled down.

It is possible to have Graves' disease without the eyes being affected.

Why should I stop smoking?

Stopping smoking has general benefits for your health, including reducing the risk of heart disease and lung cancer.

However, many people are unaware that smoking can also worsen thyroid eye disease.

What are the benefits of stopping smoking in thyroid eye disease?

Research shows that:

- Heavy smokers are 8 times more likely to develop eye disease than non-smokers.
- Smoking can delay or worsen the outcomes of treatments for thyroid eye disease.
- Stopping smoking is better for thyroid eye disease than any medication your doctor can give you.
- Vaping may be a stepping stone to stopping smoking. However, there is no research yet on vaping and thyroid eye disease, so the safest thing is to stop doing either.

Ask the doctor or nurse at the thyroid eye clinic for more information on the benefits of stopping smoking.

Why should I get help to stop smoking?

You are more likely to stop smoking using NHS support services and medication than doing it on your own.

There is also research showing that the more support you have, the more likely you are to stop smoking.



Who can get help to stop smoking?

Anyone can get help from NHS stop smoking services. **All support and advice is free.**

What help is available?

In Lothian there is a specialist service called **Quit Your Way** which provides advice and support for stopping smoking.

Quit Your Way practitioners will discuss your smoking habits as well as what you have tried to help you quit before, including any medications.

Practitioners will support you throughout your quit journey and until you feel confident staying stopped.

You will be more likely to succeed if you use a stop smoking medication and get support from Quit Your Way.

Quit Your Way practitioners are friendly and approachable, and they can support you locally either by attending a face-to-face session or via telephone support.

Support from Quit Your Way is completely **FREE**.

Who do I contact for support to stop smoking?

You can call the Quit Your Way Lothian team on:

Edinburgh - **0131 286 5113**

East Lothian and Midlothian - **0131 537 9914**

West Lothian - **01506 651829**

Information about stopping smoking is also available from:

- Your local community pharmacy

- Quit Your Way Lothian website:

<https://services.nhslothian.scot/quit-your-way/>



- Quit Your Way Scotland website:

www.QuitYourWay.scot



Telephone: 0800 84 84 84

Find us on  **NHS Lothian Quit Your Way**