

Useful contact numbers regarding stopping smoking

NHS stop smoking service:

For one-to-one advice, text QUIT plus your postcode to 88088

For advice, help and support:

Go to www.nhs.uk/smokefree or www.facebook.com/nhssmokefree

Call Smokefree on **0800 169 0 169**

(Weekdays 9am-8pm. Weekend 11am-5pm)

Or textphone **0800 169 0 171**

Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

Authors: Audiology and the stop smoking service

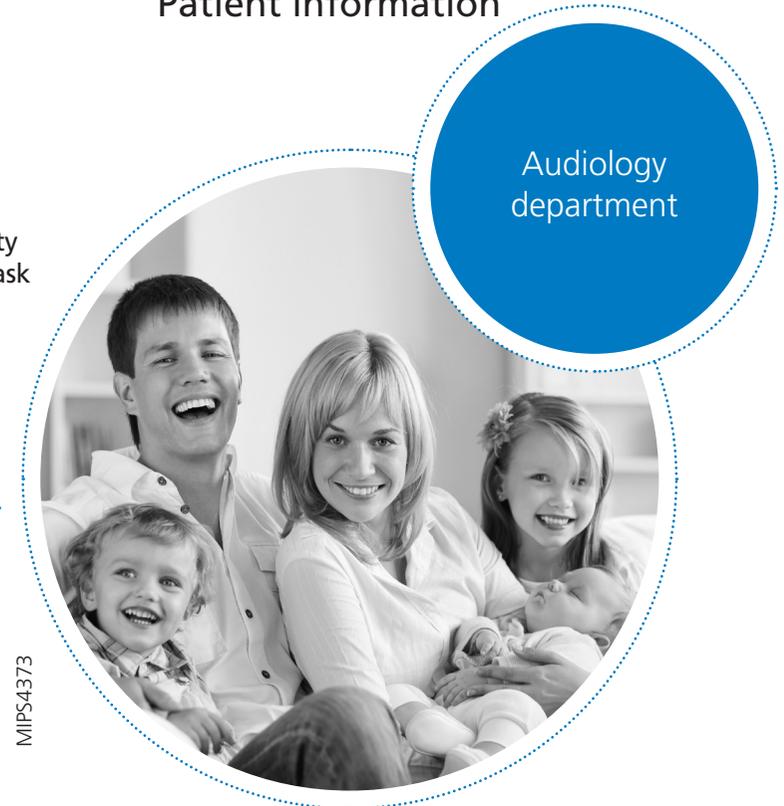
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Glue ear and passive smoking

Patient information

Audiology department



MIPS4373

Has your child been diagnosed with glue ear?

If so this leaflet has been designed to help you recognise the risks associated with exposure to second hand smoke and suggests ways that you can reduce these risks for your child.

What is glue ear?

Glue ear is a common childhood condition where the middle ear becomes filled with fluid, where normally it is filled with air.

The fluid makes it difficult for sounds to pass through to the hearing organ. This can make quiet sounds harder for your child to hear.

Children are more likely to be affected if they have had repeated ear infections and colds. Another main factor has been found to be exposure to second hand cigarette smoke as this can irritate the lining of parts of the ear causing it to become inflamed

Second hand smoke is the smoke breathed out by a smoker plus the smoke created by the lit end of the cigarette. It can contain arsenic, benzene and cyanide and is invisible and odourless.

What can you do to help protect your child?

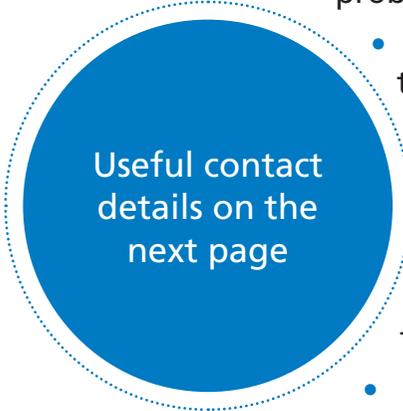
Make your home and car smokefree:

- Discuss becoming smokefree with your friends and family
- Make a pact with your friends and family that your home and car will be smokefree
- Remember it isn't enough to open a window; anyone wanting to smoke should go outside
- If you are a smoker and you go outside to smoke make sure your children are safe
- Remove ashtrays and lighters from indoors
- Ask anyone likely to be looking after your child not to smoke in their presence
- If you are a smoker, ideally quit smoking. The sooner you quit the sooner you will begin to experience the benefits.

Stopping smoking dramatically increases your chance of living a longer life. It also reduces the chances of your children suffering from glue ear. It takes just 20 minutes for your body to start healing once you quit smoking, repairing the damage done by all those years of smoking.

The benefits of stopping smoking include:

- You will reduce the chances of your children suffering from glue ear bronchitis, pneumonia, asthma attacks, meningitis and ear infections.
- You will reduce your risk of developing illness, disability or death caused by cancer, heart or lung disease.
- You will reduce your risk of circulatory problems.
 - You will protect the health of those around you by not exposing them to secondhand smoke.
 - You will improve your fertility levels and your chance of a healthy pregnancy and baby.
 - You will enjoy the taste of food more
 - You will improve your breathing and general fitness.
- You will save money.
- The appearance of your skin and teeth will improve.
- You will reduce the risk of fire in your home and may pay lower insurance premiums.



Useful contact details on the next page

(NHS Smokefree)