

Summary points

- 18% of all deaths in adults aged 35 or over in England are attributable to smoking
- advice from a patient's GP to stop smoking is one of the most important triggers to a smoker making an attempt to quit
- GPs can make every contact count by simply offering support to all smokers. This is easier, quicker and likely to be more effective than advising smokers to stop or asking whether they are interested in quitting
- The National Centre for Smoking Cessation and Training has launched a new online training module for GPs on how best to deliver smoking cessation support to their patients (www.ncsct.co.uk/vba)
- The most effective smoking cessation treatment is a combination of behavioural support and pharmacotherapy
- The most effective pharmacotherapy is either varenicline or combination NRT (e.g. the patch and a faster acting product such as gum)