

Personal Health Risk Report and Taster Session Invitation

Dear

You recently filled in a questionnaire for the [start2quit](#) project. This letter is based on your answers in the questionnaire and your medical records. It is written for you personally and gives you advice about smoking. We are also inviting you to a Taster Session to help you to become smokefree and improve your health.

Your personal risk

Based on your smoking habits and your personal health, your current risk of developing further serious illnesses and suffering an early death is very high compared to a non-smoker or ex-smoker of your age.

Your records show that you also have diabetes and already have heart disease. Even by smoking 15 cigarettes a day you are seriously increasing your risk of high blood pressure and kidney disease. By going smokefree now, you can prevent further decline.

Take control and change your life

Stopping smoking is the single most important thing that you can do to improve your health and quality of life. The good news is that if you quit now, at 45, you have greater chance of preventing any further complications and can halve your additional risk of contracting other diseases. By stopping smoking you will slow the progress of your existing conditions and live with better health for longer. We recommend that you consider quitting without delay. It could well be the best thing that you will ever do for yourself.

Don't do it alone

You might think it is hard to stop but you don't have to do it alone. Help and support is available. The NHS Stop Smoking Service offers free personal support to help you to quit. Even though you previously have not quit for more than 24 hours, joining a stop smoking group or getting one-to-one support will increase your chances of becoming smokefree. You will also feel less alone and gain the support of other people who are quitting.

A place is reserved for you

So that you can find out more about the Stop Smoking Service, we are inviting you to a 'Come and Try it' session at Kentish Town Health Centre on Monday 21st February 2011 at 2.15pm. Please bring the Invitation Card enclosed with you. If you cannot attend this session, please contact Leanne Gardner on *****. We can offer you an alternative time or an immediate appointment with an advisor.
With very best wishes

Lead General Practitioner

Example 2

PRACTICE LETTERHEAD

Personal Health Risk Report and Taster Session Invitation

Dear

You recently filled in a questionnaire for the [start2quit](#) project. This letter is based on your answers in the questionnaire and your medical records. It is written for you personally and gives you advice about smoking. We are also inviting you to a Taster Session to help you to become smokefree and improve your health.

Your personal risk

Based on your smoking habits and your personal health, your current risk of developing a serious illness and suffering an early death is very high compared to a non-smoker or ex-smoker of your age.

You may think that you are not affected by smoking, but smokers are more likely to get all kinds of cancer, heart conditions and lung disease. Even by smoking 12 cigarettes per day you are seriously increasing your risk of developing one of these major diseases and dying sooner than you need to. Your records show that you are also pregnant and smoking during pregnancy also harms your baby, and can lead to complications and miscarriage.

Take control and change your life

The good news is that if you quit now, at 45, you can halve your additional risk of contracting these diseases, or of suffering any other conditions such as a stroke and osteoporosis. You will also drastically reduce the increased risks to your unborn child. By going smokefree now, even though you do not yet have any symptoms, you are more likely to live longer, and we recommend that you consider quitting without delay. It could well be the best thing that you will ever do for yourself.

Don't do it alone

You might think it is hard to stop but you don't have to do it alone. Help and support is available. The NHS Stop Smoking Service offers free personal support to help you to quit. Even though you previously have not quit for more than 24 hours, joining a stop smoking group or getting one-to-one support will increase your chances of becoming smokefree. You will also feel less alone and gain the support of other people who are quitting.

A place is reserved for you

So that you can find out more about the Stop Smoking Service, we are inviting you to a 'Come and Try it' session at Islington Town Hall on Tuesday 22nd February 2011, at 6.15pm. Please bring the Invitation Card enclosed with you. If you cannot attend this session, please contact Leanne Gardner on *****. We can offer you an alternative time or an immediate appointment with an advisor.

With very best wishes

Lead General Practitioner

Example 3

PRACTICE LETTERHEAD

Personal Health Risk Report and Taster Session Invitation

Dear

You recently filled in a questionnaire for the **start2quit** project. This letter is based on your answers in the questionnaire and your medical records. It is written for you personally and gives you advice about smoking. We are also inviting you to a Taster Session to help you to become smokefree and improve your health.

Your personal risk

Based on your smoking habits and your personal health, your current risk of developing further serious illnesses and suffering an early death is extremely high compared to a non-smoker or ex-smoker of your age.

Your records show that you already have heart disease and high blood pressure. By smoking 30 cigarettes a day you are damaging your heart even more, as well as seriously increasing your risk of heart attack or of developing any kind of cancer and lung disease. By going smokefree now, you can prevent further decline.

Take control and change your life

Stopping smoking is the single most important thing that you can do to improve your health and quality of life. The good news is that if you quit now, at 44, you have greater chance of preventing any further complications and can halve your additional risk of contracting other diseases. If you give up smoking now you will slow the progress of your conditions. We recommend that you consider quitting without delay. It could well be the best thing that you will ever do for yourself.

Don't do it alone

You might think it is hard to stop but you don't have to do it alone. Help and support is available. The NHS Stop Smoking Service offers free personal support to help you to quit. You have previously quit for a few days, and joining a stop smoking group or getting one-to-one support will increase your chances of staying quit and becoming smokefree. You will also feel less alone and gain the support of other people who are quitting.

A place is reserved for you

So that you can find out more about the Stop Smoking Service, we are inviting you to a 'Come and Try it' session at Kentish Town Health centre, on Monday 21st February 2011 at 2.15pm. Please bring the Invitation Card enclosed with you. If you cannot attend this session, please contact Leanne Gardner on *****. We can offer you an alternative time or an immediate appointment with an advisor.

With very best wishes

Lead General Practitioner