

# DESPERATE FOR A LASER

By MARION SCOTT

**S**CHOOLGIRL Tracy Scambler has TWO part-time jobs - to pay for her addiction to cigarettes!

Hooked Tracy, from Kirkintilloch, works in a baker's shop and does typing in the evenings.

*Now the desperate 16-year-old has signed up for laser therapy treatment to help her quit.*

Tracy isn't alone. Shocking new reports reveal that ONE in THREE teenage girls smokes regularly... some from as young as TEN!

Scots rock and TV stars are behind a brand new £2 million anti-smoking magazine campaign targeting schools next week.

Meanwhile, as many boys are stubbing out, experts say the number of teenage girl smokers is rocketing.

Tracy told us: "Most of my friends smoke.

"I started when I was 12, smoking just three or four a day. But within a couple of weeks I was getting though 20.

## Worse

"A lot of my friends think smoking stops them eating too much and makes them feel more confident.

"I've tried to give it up, but I've never managed to keep it up for more than two days.

*"I really want to stop it now because it's only going to get worse."*

Tracy has signed up for treatment and counselling at Glasgow's Laser Therapy Centre.

She's had two sessions this week and hasn't smoked since.

Lasers are used to activate acupuncture



Tracy Scambler

## Smoker Tracy in bid to quit

spots, releasing natural chemical endorphins, cancelling the craving for nicotine.

Laser therapy expert Anne Penman has prepared lecture packages for schools and youth clubs.

"Any anti-smoking campaign is a good thing, but I feel there has to be much greater input within schools," she said.

Radio 1 DJ Jakki Brambles, athletes Tom McKean and Yvonne Murray, and Runrig's

Pete Wishart are all pushing the anti-smoking message in the brand new school magazine O2.

## Videos

Health Education Board for Scotland spokesman Martin Raymond said:

"The increase in young people is extremely worrying.

*"We hope our campaign will hit home and that teachers will use available trigger videos and literature."*