



Laser therapy stopped me smoking

Vida Marsden started smoking when she was 12. Four years ago, during a private medical check-up, she found she had heart disease. 'I couldn't do the treadmill test, and I was told that if I didn't stop smoking I would eventually need a coronary bypass,' says Vida, 53, from Gourrock, Renfrewshire. Vida was frightened—both her parents and her brother died of cardiovascular illnesses—but daunted by the

prospect of the withdrawal symptoms she'd have if she stopped smoking. She was on 25-30 cigarettes a day. Neither acupuncture nor hypnosis helped, but then Vida heard about laser therapy, where a cold laser is applied to acupuncture spots on the hands, nose, ear and wrists. It cost Vida £70 for three sessions. 'It was incredibly relaxing, and it worked—I haven't smoked for three years,' she says. ■ Vida's therapist, Anne Penman, now provides laser treatment for smokers on the NHS at Monklands Hospital in Airdrie, near Glasgow.