

## Patient Education Smoking Cessation

**Dear patient:**

### **Are you ready to quit?**

**The following assistance is available:**

- Cessation Programs – Contact our Cardiopulmonary Dept. at ext. 1300.
- Medications – People DO NOT generally become addicted to medication. They are safe and effective and can be used as long as needed. Some products such as nicotine gum, patches, and lozenges are available over-the-counter and some medications require a prescription. Ask your physician for more information.

### **Steps to being smoke free:**

- Set a quit date, Ideally within 2 weeks
- Tell family and friends and seek support
- Anticipate challenges and develop coping skills
- Identify events that increase risk of smoking
- Remove all tobacco products
- Work with your physician to find the medication that works best for you
- Total abstinence
- Join a cessation group

### **What happens after you quit?**

- Your sense of smell and taste come back
- Your smoker's cough goes away
- You will digest more normally
- You will feel alive and full of energy
- You will breathe much easier
- You can climb stairs easier
- You will be free from the mess, smell and burns in clothing
- You will feel free of needing a cigarette
- **YOU WILL LIVE LONGER AND HAVE LESS CHANCE OF HEART DISEASE, LUNG DISEASE AND CANCER**

**For more information and assistance, call the Kansas Tobacco Quit-Line at 1-866-KAN-STOP.**