



SUPPORT FOR QUITTING SMOKING

TEMPLE HEALTHY CHEST INITIATIVE

If you have been diagnosed with cancer, a lung condition, heart disease, or other health problem, you may think it is useless to quit smoking now. Or you might think that quitting now will be too stressful. But even though things are rough during this time, quitting smoking is one of the best steps you can take to improve your health. If you are thinking about quitting, Temple Health can help!

What does Temple Health's Smoking Cessation Program offer?

- Help to anyone using tobacco products and those who have used them within the past year
- Judgment-free counseling
- Suggestions for the use of medicines (nicotine replacement therapy and/or other medicines)

How do I make an appointment with Temple Health's Smoking Cessation Program?

Talk with your healthcare team for a referral or call 800-TEMPLE-MED (800-836-7536). You can meet with a Temple Health Smoking Cessation Specialist in person or by telemedicine.

What is the counseling like?

Counseling can help you control the smoking habit. You will decide whether you want to cut back or quit. You and your counselor will talk about issues like:

- Planning to quit
- Recovering from lapses
- Dealing with stress, cravings, and withdrawal
- Staying tobacco free

What medicines do you suggest?

Medicines help reduce cravings and withdrawal. When you come in for your visit, we can talk about which treatment is best for you.

Nicotine replacement therapy (NRT)

- The patch, gum and lozenge, or a combination of them

Other medicines (need a prescription)

- Chantix (Varenicline)
- Zyban (Bupropion)



How does smoking affect other health problems?

Smoking leads to disease and can harm nearly every organ system of the body. It is the leading cause of death that can be prevented.

Smoking causes:

- Cancer
- Heart disease and stroke
- COPD and other lung conditions

Why is it helpful to quit smoking?

Quitting smoking can:

- Increase survival
- Lower risk of cancer, heart disease, stroke, lung conditions, and many other health problems
- Decrease side effects from cancer treatment such as loss of appetite.
- Improve your quality of life
- Give you a sense of control and make you an active partner in your care!

What can happen if you smoke and have surgery?

If you stop smoking even for a few weeks before surgery, you will decrease your chance of these problems:

- Slower recovery
- Poor wound healing
- Poor blood flow
- Problems from general anesthesia (the medicine you get to take away pain or make you sleep)
- Lung or breathing problems

