

Quitting to Win

Smoking is the number one preventable cause of death and disability. Ohioans lead the nation in smoking and veterans smoke more than non-veterans do. These two facts put you at greater risk for smoking related illnesses.

The Quitting To Win Program can help you be nicotine free.

The Quitting To Win Program is based upon research about what helps people be successful when they decide to quit smoking.

The program goal is to assist the veteran in any way we can, as long as it takes, to help you become a non-smoker.

Quitting smoking is the one lifestyle change that can make the biggest improvement in your health and prolong your life. Stopping isn't easy, but is not impossible. More than 3 million American stop smoking each year and you can too!

Are you ready to quit smoking?
Take this short test to see if you are ready to quit:

Y	N	QUESTION
		Do I want to quit smoking for myself?
		Is quitting smoking a #1 priority in my life?
		Have I tried to quit smoking before?
		Do I believe that smoking is dangerous to my health?
		Am I committed to trying to quit even though it may be tough at first?
		Are my family, friends, and co-workers willing to help me quit smoking?
		Besides health reasons, do I have other personal reasons for quitting?
		Do I know how I will handle urges to smoke?

 If you answered "yes" to four or more of these questions, you are probably ready to quit

 If you answered "yes" to two or three of these questions, you may have decided you want to quit smoking at some time in the future.

 If you answered "yes" to one of these questions, could be thinking about quitting smoking.

 If you answered "no" to all of these questions you are not ready to quit smoking, but you may want to reflect on your smoking habit.

The "Quitting To Win" program will help you with:

-  the physical craving for nicotine
-  the learning of new behaviors
-  social support

The five-class program focuses on:

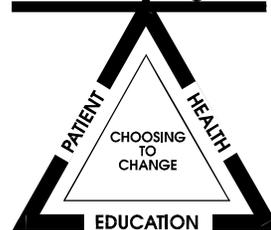
1. How to use the nicotine patch
2. How to cope without a cigarette
3. How to control weight gain
4. How to stay nicotine free
5. How to remain a non-smoker

The Smoking Cessation Follow Up Program meets monthly to support you in remaining a non-smoker.

The Smoking Cessation Assessment Clinic is held every Monday (except federal holidays), from 1 to 2 p.m. in conference room 8C-102. To register or for more information call:

[937] 262-3376

Patient Health
Education Programs



SMOKING CESSATION PROGRAM

