

Outreach of the Month: Smoking Cessation



Information for Your Patients

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<https://www.facebook.com/uopllc/>

<http://uopdocs.com/page.php?id=33>

Helpful links:

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>

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How can I quit smoking?

November 17th 2016 is intended to inspire the over 42 million smokers in the United States to either develop a plan to quit or to use November 17th as their official quit date.

The annual Great American Smokeout event started in the 1970's and has contributed over the years to the many changes in our smoking laws for public places, workplaces, hospitals, and in tobacco advertising. These modifications have protected non-smokers and reinforced support for smokers who wanted to quit, saving millions of lives and healthcare costs along the way.

Smokers are more likely to quit if they have support from family members, friends, and providers. There are many more tools and resources available to smokers to assist them in this cause. Not only are there the traditional nicotine replacement products, but there are prescription products to lessen cravings. Health insurers are on board to provide support with benefits and incentives. Telephone hotlines, stop smoking groups, counseling, support groups and even online quit groups can help you feel like you're not alone in your quest to be tobacco-free.

The American Cancer Society provides many different tools available on their website regarding the Great American Smokeout and about smoking in general. You can call them anytime at **800-227-2345** for more information on support and/or telephone coaching in your area.

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