

Comments *from* former patient

"I really enjoyed the one on one counseling. The staff listened to my concerns with different cessation products and helped me choose the right one for me. The encouragement and support enabled me to quit smoking."

What You Need To Do

Let us help you quit.

1. For any unanswered questions that you may have call the coordinator of this program at 330-263-8329 and leave a message; your call will be returned as soon as possible.
2. To schedule an appointment call the Pulmonary/Neurology Department at 330-263-8297.

\$146.30 upfront for 6 sessions

or

\$30.55 per session

Insurance accepted, check with your provider for coverage.

There is a fee for our program of \$146.30, for 6 sessions or \$30.55 for each session attended. Our Program includes:

- One on one counseling sessions. These sessions are held once a week. The sessions last around a half an hour.
- Education on the various nicotine replacement therapies and medications used for cessation. We also help find alternative methods if medication and nicotine therapy are not right for you.
- Guidance and support. We will contact your physician to obtain prescriptions for medications related to cessation, when a prescription is required.



Wooster Community Hospital
Pulmonary/Neurology Department

1761 Beall Avenue
Wooster, Ohio 44691
www.woosterhospital.org
330-263-8297



Tobacco Cessation Program

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"Let us Help You Quit"



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Tobacco Cessation Program *at* Wooster Community Hospital



Healthy Lung



Diseased Lung

Facts

According to the American Cancer Society, in the US alone, smoking is responsible for nearly 1 in 5 deaths and approximately 8.6 million people suffer from smoking related lung and heart disease.

- Second hand smoke exposure is responsible for thousands of deaths each year from lung cancer and heart disease in otherwise healthy non-smokers.
- Smoking remains the #1 cause of preventable premature disability, disease and death in the US.
- Smoking one pack of cigarettes a day costs and estimated \$1650 a year!

Smokeless tobacco causes an estimated 28,200 new cases of oral cancer and 7,200 deaths each year.

- Smokeless tobacco has up to 2.5 times the nicotine as a pack of cigarettes.
- Along with the increased risk for cardiac disease, smokeless tobacco can cause a variety of cancers throughout the body such as throat and pancreatic cancer. It also causes gum recession, tooth decay and bad breath.
- 3 out of 4 users of snuff/chewing tobacco were found to have pre-cancerous lesions in their mouth.

Health Benefits

Once you have quit tobacco, a series of changes occur in the body.

Smoking:

- At 20 minutes the heart rate and blood pressure decrease.
- At one to nine months coughing, congestion and shortness of breath decreases.
- At five to 15 years risk of stroke decreases to that of a non-smoker.

- At 10 years risk of lung cancer and coronary artery disease drops to half of that of a current smoker.

Smokeless tobacco:

- Risk of oral and other cancers is reduced.
- Bad breath decreases.
- Prevent further bone loss, gum recession and/or tooth decay.
- Mouth sores are able to heal and less likely to become cancerous.

Tobacco Cessation Program

Our tobacco cessation staff at Wooster Community Hospital is friendly and knowledgeable in addressing the 5 key steps to quitting.

- Preparation
- Support and encouragement
- Learning new skills and behaviors
- Obtaining and using medications correctly
- Being prepared for a relapse or difficult situations