

THE FACTS ABOUT SMOKING

FACT: Tobacco dependence is a disease. Just like diabetes, asthma or hypertension it requires specialized treatment.

FACT: Tobacco use is the single most preventable cause of death in the United States.

FACT: The more individualized the tobacco cessation program, the higher the success rate.

FACT: People who go through our type of program have four times the success rate of those who try to quit on their own.

FACT: The Virginia Spine Institute's tobacco cessation program offers comprehensive treatment which includes information on exercise, nutrition, emotional support and available nicotine replacement products and medications.



Call 703.709.1114 ext. 161
or e-mail stopsmoking@spinemd.com
to register for upcoming classes or to
learn more about treatment options.



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When you're ready to quit,
we're ready to help.



Smoking Cessation Program

*We'll help you take control of your
smoking, your moods and your life.*

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WHY QUIT SMOKING?

Did you know that 20 minutes after you stop smoking your body begins to heal?

- After 20 minutes, your blood pressure and pulse become normal.
- After 48 hours, nerve endings start to regrow, and sense of smell and taste improve.
- After one to nine months, you experience less coughing, congestion and shortness of breath. Your lungs begin to heal, you feel more energetic and have fewer colds and instances of flu and bronchitis.
- After one year, your risk of dying from heart disease is half that of a smoker.



WHAT DO YOU HAVE TO CONSIDER?

- A longer life! Quitting smoking adds at least 4 years to your life. Think of what you can do with that extra time!
- More money in your pocket! It costs roughly \$120 a month for the pack-a-day smoker (assuming \$4 per pack of cigarettes).
- Fewer wrinkles at a young age.
- Fresher breath.
- Cleaner smelling hair and clothing.

WOULD YOU LIKE TO QUIT?

Quitting tobacco may be one of the toughest challenges you'll ever face; however, given the impact tobacco has on your health, it will also be one of the most important steps you ever take. You can be successful when you know what to expect, are motivated, have developed a personal game plan and have social support. If you have the desire and determination to commit to a healthier lifestyle, we can provide the tools you need to achieve your goal. It is possible to manage your cravings and join the millions of people who have kicked the habit for good!

When you're ready to quit, we're ready to help.

ABOUT OUR PROGRAM

Our 5 week, 6 session program covers behavior modification, stress reduction and relapse prevention. The first thing we do is talk with you. We start with your medical history and go on to take a broader look at you and your situation. What are your reasons for smoking? How does your tobacco addiction affect your life? What is your motivation to quit? Are there any associated health problems? Once we have these answers, we will tailor a treatment program specifically for you.

WHAT WILL YOU LEARN?

The most effective way to treat nicotine addiction is to address not only the chemical addiction, but also the emotional involvement.

Sessions will include information about:

- The various health risks associated with tobacco use (you will be surprised)
- Preparing a plan to quit
- Stress management techniques
- Nutrition information to help prevent weight gain
- Information about nicotine replacement therapy products and prescription medications available to help with withdrawals and cravings
- Strategies to prevent relapse and manage trigger situations