

# Veterans Health Notes

## Quit Smoking PROGRAM



### *Cigarette Smoking*

continues to be a major public health concern.

It has consistently been shown to be related to the development of chronic diseases, including heart disease, chronic obstructive lung disease and various cancers.

If you would like to quit smoking, but feel you need some help, we are here to help you!

## Program Objectives:

- Provide information on how smoking affects the heart, blood vessels, lungs and other parts of the body.
- Prescribe medicine if desired. Smokers *must* quit smoking, since the use of the nicotine patch and cigarettes has been associated with heart attacks.
- Measure carbon monoxide levels, to confirm nonsmoking. Nicotine patches will not be given to participants who continue to smoke while wearing the patch.
- Offer group support and group interaction to encourage nonsmoking and promote healthy lifestyle changes.

Medicine is available to help you overcome withdrawal symptoms while you are learning to be a non-smoker. These medicines have been shown to increase the chances for success. They are most effective when used in conjunction with a smoking cessation program. Prescriptions are issued at every session and attendance is required to receive them.

## How to Participate:

Pre-registration is not required. A new program begins the second Monday of every month. Sessions are held 1:30 p.m. or 5:30 p.m. in room 70D21 (see page 3 for directions to room).

If you would like a reminder letter, contact your health care team to make an appointment for the class.

This program takes place at the VA Medical Center in Milwaukee. Patients who are unable to travel to Milwaukee should ask their Primary Care Provider about resources at their clinic.

If you have any questions, contact:  
(414) 384-2000 or toll free at 1-888-469-6614

**Angie Paniagua, PharmD**  
extension 41150

## SESSION TOPICS

- ① **Addiction versus Habit** - Provides information about the way behaviors and consequences are linked together. Learn to use a tracking form to monitor smoking. Description of medicine available to help you quit. This includes how they work and side effects.
- ② **Facts About Smoking and its Effect on the Body** - Learn how nicotine, carbon monoxide and tars affect the body and cause illness. Review the tracking form and results.
- ③ **Relapse Prevention** - Strategies to prevent relapse.
- ④ **Prevention of Weight Gain and Review of Successes** - Group counseling to promote and support healthy lifestyle changes. Open discussion of issues or problems.
- ⑤ **Support Group** - Group counseling to promote and support healthy lifestyle changes. Open discussion of issues or problems.
- ⑥ **Support Group**
- ⑦ **Support Group**
- ⑧ **Graduation**

