



Your Lifestyle Medicine Rx - Tobacco

It's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses

Good reasons for quitting tobacco

- You will live longer, healthier life.
- The people you live with, especially your children, will be healthier.
- You will have more energy and breathe easier.
- You will lower your risk of heart attack, stroke, and cancer.

What happens when you quit smoking



Source: www.aha.org

Tips to quit tobacco

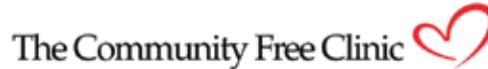
Nicotine is a powerful addiction. Quitting is hard, but don't give up. Many people try 2 or 3 times before they quit. Each time you try to quite, the more likely you will be to succeed.

- Get support
- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace
- Ask your family, friends, and coworkers for support
- Stay in nonsmoking areas
- Keep yourself busy
- Reward yourself often
- Try the QuitSmart program (Your provider will give you a class flyer)
- Create a "Quit Plan" with your provider

When you have a craving:

- Chew gum
- Sip water
- Breathe in deeply

At \$3.00 per pack, if you smoke 1 pack per day, you will save \$1,100 each year and \$11,000 in 10 years.



Your Lifestyle Medicine Rx - Tobacco

Patient Name: _____

DOB: _____

[] Call and connect with QuitlineNC at 1-800-QUIT-NOW (1-800-784-8669) by _____.

[] Set a date _____ and stick to it. Not even a single puff, dip, or vape!

Provider Signature

Date

Referrals (from today's visit)

Date: ____ / ____ / ____

Chart Number: _____

Registered Dietitian

Healthy Future

Counseling

Declined

Patient Email: _____

Patient Phone: _____

Follow Up:

Rx Status (based on last Rx) Date: ____ / ____ / ____

Complete (C)

Partially Complete (P)

Incomplete (I)

Referral Status (based on last referral) Date: ____ / ____ / ____

Registered Dietitian

Healthy Future

Healthy Living Department

Counseling

Declined