

INFORMATION FOR SMOKERS

The reason you are being approached for this screening program is your smoking habit. Regardless of your screening results, stopping smoking is very important for your future life.

In addition to the lungs, smoking damages all body organs, including the eyes, digestive tract, nerves, hormonal systems, metabolism, blood vessels, and heart.

We know that quitting smoking is not easy. Like most smokers, you have probably tried to stop many times.

However, there is a treatment that significantly increases the success rate. It involves an intervention during which you prepare yourself to change how you experience situations in which you would typically smoke or want to smoke and then consider non-smoking options for these situations. In addition, you can then take medication, for example, pure nicotine (in the form of a patch, chewing gum, lozenge, or oral spray) or bupropion to combat withdrawal symptoms. Ask your doctor or a pharmacist.



However, medication alone is not the solution. Medication cannot stop anyone from smoking; it can only reduce your need for nicotine (the cravings and desire to smoke). That is why they are most effective when combined with a professional intervention. Consult your doctor about treatment options.

EVERY CIGARETTE HARMS