

Leading Health Care
In The 21st Century



Quit Smoking or other tobacco products



with Help from VA's
Tobacco Cessation Program

*Did you know...

Nearly 50 million people in the U.S. have quit smoking. You can too!

- Benefits include:
 - Fresher smelling breath and clothes.
 - Improved ability to do everyday tasks (climbing stairs, walking, etc.) without getting out of breath.
- Twelve hours after quitting, the carbon monoxide level in your blood drops to normal.
- Two weeks to three months after quitting, your circulation improves and lung function increases.
- Over time, lung function, cardiac risk and cancer risk all reduce.

*From the cancer.org Web site.

Contact

Please contact your Primary Care team or one of the numbers below if you are interested in quitting.

Albany (518) 626-5395

Bath (607) 664-4311

Canandaigua (585) 393-7297

Syracuse (315) 425-4400 ext. 52721

Western New York

Batavia (716) 862-8588

Buffalo (716) 862-8588

Support

We offer three levels of support to help you quit smoking or quit the use of other tobacco products. The level of support you need is based on you and your particular situation.

Level One

- Level one support for quitting starts with your primary care provider. Simply talk with your primary care provider about your interest in quitting.
- Your primary care provider can give you tips for quitting and medication options to help.
- Nicotine is an addictive drug but there are effective and safe methods to beat the addiction.





Level Two

- Level two support also starts with your primary care provider.
- Each clinic has a tobacco cessation expert trained in the latest ways to help people quit tobacco. Your primary care provider or clerk can introduce you to the clinic expert.
- This primary care staff person can usually see you right away for a brief (15-20 minute) individual visit. They will give you more strategies and help you design your own plan for quitting.
- If you wish, the primary care staff will help you get medications to increase your chances of success.
- Follow-up will happen in two - three brief visits, some of which can be on the telephone.

Level Three

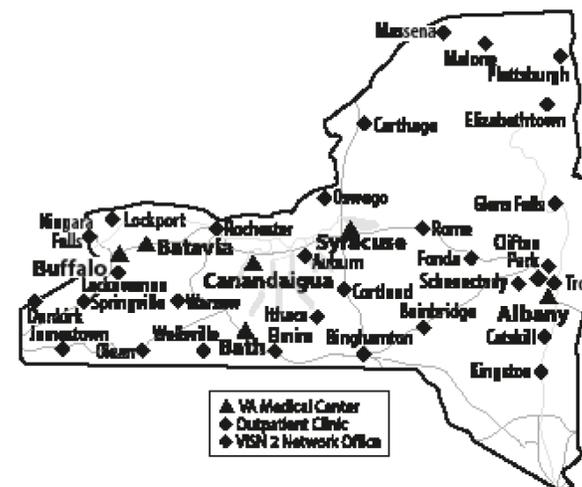
- Level three is our specialty program called QuitSmart™.
- Level three support is our most intensive program, provided by QuitSmart leaders.
- QuitSmart™ includes:
 - QuitSmart Guide - information about medications, including nicotine replacement, and other strategies to help you quit.
 - Hypnosis Audiotape/CD - induces relaxation and helps you overcome your emotional dependence on cigarettes.
 - Better Quit Cigarette Substitute - this device has a realistic feel and an adjustable air flow to gradually reduce your habit of handling a cigarette.

Resources

New York State Smokers Quitline
www.nysmokefree.com
 or call the New York State (24 hr) helpline
 for free coaching & support
1-866-NY-QUITS (1-866-697-8487)

Online Guide to Quitting
www.smokefree.gov
 or call
1-800-QUITNOW (1-800-784-8669)

Reaching Us Is Easy



Veterans Service Contact Center

1-888-823-9656

For information on eligibility, VA health care benefits, enrollment, or questions on your billing statement

TelCare

1-888-838-7890

24-hour, toll-free medical advice for enrolled veterans

VA Health Care on the Web

www.visn2.va.gov

For reliable health information on the Web

www.myhealth.va.gov

National Suicide Prevention Hotline

1-800-273-TALK (8255)

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