

THE QUIT SMOKING PROGRAM

WE CAN HELP YOU QUIT SMOKING FOR LIFE!



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Tobacco addiction is the most important preventable cause of heart and other cardiovascular disease. Your participation in this program may be a decision you make alone or in consultation with your physician.

The Quit Smoking Program

Located at the University of Ottawa Heart Institute, this individualized program is staffed by nurses who specialize in smoking cessation.

At your first visit you will meet with the nurse to establish your personal treatment plan, which may include medication. Carbon monoxide readings will be taken so you can see your progress.

Follow-up visits are scheduled about once a month for six months. To enable accessibility, phone counsel appointments are available.

HOW TO REGISTER

To register for the Quit Smoking Program, you can either:

1. Call us at 613-696-7069
2. E-mail us at quitsmoking@ottawaheart.ca

You do not need a physician referral.

You will be asked to complete and return a baseline questionnaire prior to us booking your first visit.

Facts About Smoking

Cigarette smoking is an addictive behavior that is difficult to break. Many individuals try to quit several times before they are successful. The Quit Smoking Program uses a variety of proven techniques to assist people in overcoming their tobacco dependency. Smoking is a learned behavior that is supported in three ways:

1. Physical Dependence

Nicotine is a powerful, addictive drug. Once inhaled through cigarette smoke, nicotine is rapidly absorbed into your blood stream. Your body quickly learns to crave its presence. When you stop smoking the amount of nicotine in your body will drop.

As a result you may experience irritability, sleep disturbances, a change in appetite, and fatigue. Reactions vary from person to person. These are normal signs of recovery from nicotine. Our nurses will discuss medication options which can help make you more comfortable during this time.

2. Behavioural Conditioning

Smoking behaviours are repetitive and over time can become an unconscious action which is reinforced by places, activities, and emotions. Behaviours that are repeated hundreds of times each year add to the difficulty of quitting smoking. Our program will help you overcome these behaviours and help you replace them with healthy new ones.

3. Social Aspects

Many people smoke in the company of their friends and other family members. For example, if you are used to getting together with friends, you may light up when they do even if you don't want to smoke at that time. The social aspects of nicotine dependence are difficult to overcome because when you've quit, you are still exposed to social situations that remind you about smoking. You can learn how to handle social situations so they are not triggers for you to smoke.

For more information about the Quit Smoking Program you can visit the Prevention and Wellness Centre located at:

The University of Ottawa Heart Institute

40 Ruskin Street, Ottawa, Ontario, K1Y 4W7

Phone: 613-696-7069 • Fax: 613-696-7194

E-mail: quitsmoking@ottawaheart.ca

www.ottawaheart.ca/quitsmoking

Physician Referral (optional)

Fax to: 613-696-7194

Patient's name: _____

Patient's phone: _____

Referring doctor: _____