

ROPER ST. FRANCIS HEALTHCARE

Smoking Cessation Program



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HEALTHCARE

SMOKING CESSATION PROGRAM

Making the decision to quit? About 48 million Americans smoke cigarettes, but most smokers are either actively trying to quit or want to quit. The majority of smokers know smoking is a health risk, but may not know that smoking is the number one cause of preventable disease and death in the United States.

If you are ready to quit, we are ready to show you how. Roper St. Francis Heart & Vascular Center invites smokers to join our Smoking Cessation Program, led by our certified staff. Based on the QuitSmart system developed at Duke University Medical Center, this method boasts a 12-month non-relapse rate of 60% and includes relaxation audiotapes, cigarette substitutes and stress management techniques.

Smoking Cessation is a three part series, each lasting 60 to 90 minutes. The first session addresses Nicotine Fading, the second session targets a Quit Date and Stress Management and the third session discusses Maintenance.

Cost of the program is \$25, but the value of a successful program can be priceless. The three-sessions series is offered once a month. To register, call 402-CARE or 1-800-863-CARE.



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