



LIBERTY

HEART CENTER

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For those quitting smoking, using counseling and medication is the most effective way to quit. If you need more convincing, take it from the U.S. Public Health Service (USPHS), whose treatment guidelines for tobacco cessation recommend that all healthcare providers encourage every smoker willing to make a quit attempt to use counseling and medication, where appropriate.* Their recommendations are based on expert reviews of more than 8,000 studies on tobacco cessation, which found counseling and medication to be most effective.

Here are some of the key reasons to have support when quitting smoking:

1. 95% of people who quit cold turkey (without any support) fail to quit– so don't go it alone.
2. Smoking is not simply a "bad habit." It is often a serious condition with features similar to that of chronic diseases. Support helps treat all three aspects of this addiction–the physical, social, and mental.
3. When you stop smoking, your body doesn't get the nicotine it expects; as a result, you may experience physical withdrawal symptoms, including irritability, urges to smoke, feelings of restlessness and difficulty concentrating. Often these symptoms are the toughest part of quitting; treatments may help you get through these challenging times.
4. For many people, smoking is a part of their daily lives. You may reach for a cigarette first thing in the morning, for an afternoon break, or when you're overwhelmed at work. Once you quit smoking, you will need to develop skills to deal with these daily triggers. This is where counseling can help.

Below is a brief overview of the medication and counseling options available. Be sure to work together with your healthcare provider to determine the right treatment option for you.

The Food and Drug Administration (FDA) has approved seven medications to help you quit smoking, five of which are nicotine replacement therapies and two are non-nicotine.

- Nicotine replacement therapies are available over-the-counter or by prescription. They come in different forms: gum, lozenge, patch, inhaler, and spray. They work by providing the body with doses of nicotine without the toxins of a cigarette to help reduce withdrawal symptoms.
- The other two therapies are available by prescription and do not contain nicotine. They are in pill form. They help to reduce the urge to smoke, which can help you successfully quit.

The second part of an effective quit smoking plan is using counseling to help change daily behaviors now that you can no longer rely on a cigarette. There are a variety of counseling options available: individual, group or telephone.

Seeking a healthcare provider's help, which may include medication and counseling, can increase your chances of successfully quitting. So what are you waiting for? Get in touch with your healthcare provider today. If you need help with the medical costs of quitting, start a Quit Fund and ask loved ones for support. Also, invite your family and friends to track your progress, by downloading the Quitter's Circle app. Start a team to invest in your smokefree life!

For more information, please feel free to contact your cardiologist at his office information provided below.

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