



Taussig Tobacco Cessation Program

Being diagnosed with cancer may feel as though you have no control over your condition. If you smoke, chew, or dip, you may feel the same about your tobacco use. With the Taussig Tobacco Cessation Program, you have the ability to quit and eliminate risks and serious complications that may result from using tobacco while receiving cancer treatment.

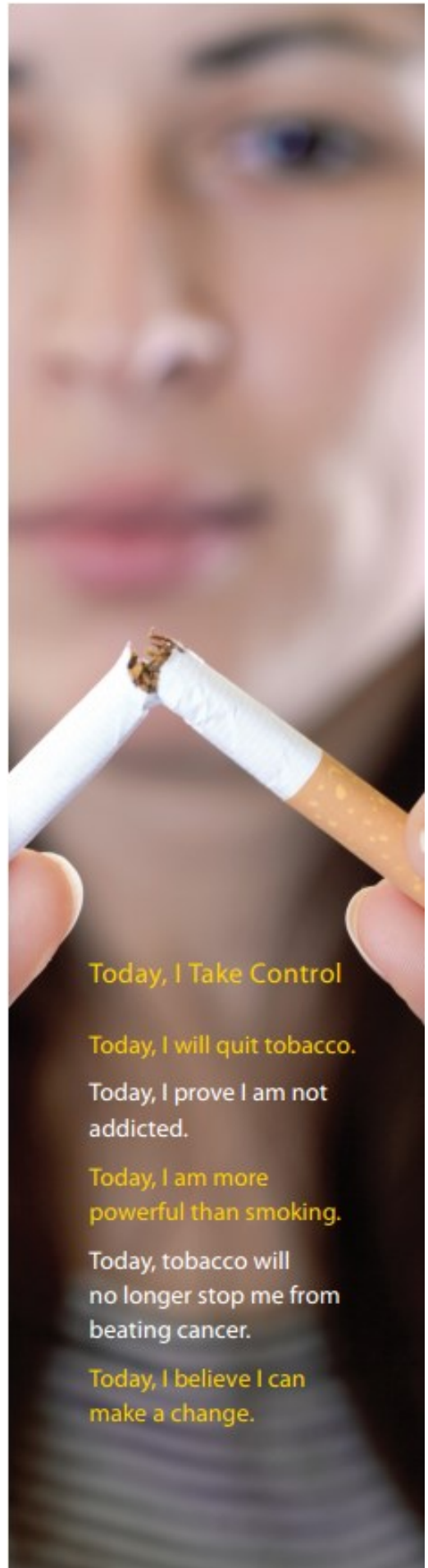
Our goal is to stay in touch with you throughout your journey to keep you tobacco free during and after your cancer treatments for better success.

How Does It Work?

We have three programs available to suit your needs. You can schedule a one-on-one visit face-to-face or through telehealth. We also offer a shared group visit for additional support.

The one-on-one visits are catered to your needs. At these visits our providers will discuss triggers, how to avoid cravings and offer medical management to assist you with this journey.

The shared group visits occur over seven weeks. Our providers will spend eight sessions with you as outlined below. This program follows the agenda created by the American Lung Association and does offer medications to assist you with quitting.



Today, I Take Control

Today, I will quit tobacco.

Today, I prove I am not addicted.

Today, I am more powerful than smoking.

Today, tobacco will no longer stop me from beating cancer.

Today, I believe I can make a change.

Group Session Schedule

Session 1—Thinking About Quitting

- Introductions
- Tracking packs of cigarettes
- Identifying triggers
- Medication discussion

Session 2—Road to Freedom

- Learning to not smoke
- Lifestyle changes
- Stress management
- Health effects of smoking

Session 3—Wanting to Quit

- Motivation
- Making a plan to quit
- Relaxation exercises
- Building a support system

Session 4—Quit Day

- Buddy System
- Contracts and rewards
- Overcoming relapse
- Medication review
- Recovery symptoms

Session 5—Winning Strategies

- Measuring carbon monoxide levels
- Medication review
- Grief cycle
- Coping Strategies

Session 6—The New You

- Medication review
- Weight management
- Tips for staying smoke free
- Handling social situations

Session 7—Staying Off

- Physical Activity
- Assertive communication
- Plan for celebration

Session 8—Celebration

- Stress Management
- Medication Review
- Planning for a smoke free lifestyle

“We have double the quit rate compared to the national average at 20 percent.”



Iyaad Hasan, CNP, began his career at Cleveland Clinic in 2004 working in radiation oncology. In 2007, he was appointed Director of the Tobacco Treatment Center. He is a board-certified family nurse practitioner and a certified tobacco treatment specialist. Hasan also is a United States Public Health Officer and has been featured on Dr. Oz.

Did you know?

Research has shown that smoking after a cancer diagnosis possibly interferes with chemotherapy, surgery and radiation therapy and reduces survival rates.

Tobacco use can slow wound healing after surgery, increase the risk of side effects from radiation therapy, and decrease the response to radiation therapy.

Studies have shown that a longer length of time between stopping smoking and starting cancer treatment is associated with a better prognosis (chance of recovery).

Quitting smoking, even at the time of diagnosis, significantly lowers the risk of developing secondary cancers (a different type of cancer that appears after the original cancer diagnosis).

Ready to quit?

We want you to have the best possible chance at quitting tobacco successfully because it is an essential component of treatment for patients with cancer.

The Taussig Tobacco Cessation Program at Cleveland Clinic is ready today.

To learn more, please call our Cancer Answer Line toll free at **866.223.8100**.