

Start a Quit Smoking Conversation With Your Healthcare Provider

You want to quit smoking and your healthcare provider is there to help. In fact, support from your healthcare provider, which includes counseling and medication, may double your chances of quitting successfully.

Questions About Quitting for Your Doctor:

1. What are some of the benefits of quitting smoking that are specific to my health?
2. Can you tell me about withdrawal symptoms? How long do they last?
3. What is the difference between using nicotine and non-nicotine products to quit?
4. How can I make a Quit Plan? What support programs can help with my quit?

About Me

I have been a smoker for ___ years.

I smoke ___ cigarettes per day.

I have tried to quit smoking ___ time(s) in the past.

I have tried other methods to quit, but went back to smoking.

I have tried (select all that apply):

- | | |
|--|-----------------------------------|
| <input type="radio"/> Cold Turkey | <input type="radio"/> Other _____ |
| <input type="radio"/> Counseling | _____ |
| <input type="radio"/> Reduction/Cutting back | _____ |
| <input type="radio"/> Over the counter medications | _____ |
| <input type="radio"/> Prescription medications | _____ |
-

I want to quit smoking (select all that apply):

- | | |
|---|---------------------------------------|
| <input type="radio"/> To improve my health | <input type="radio"/> For my spouse |
| <input type="radio"/> Because it's too expensive | <input type="radio"/> For my children |
| <input type="radio"/> Because social situations are difficult | <input type="radio"/> Other _____ |
-

What do you want to talk to your doctor about? (select all that apply):

- | | |
|---|--|
| <input type="radio"/> Handling smoking triggers | <input type="radio"/> Prescription treatment options |
| <input type="radio"/> Nicotine withdrawal | <input type="radio"/> Support programs |
| <input type="radio"/> Setting a quit date | <input type="radio"/> Other _____ |