

## 25 Medical Specialties

Family Medicine  
Internal Medicine  
Allergy & Asthma  
Anesthesiology  
Cardiology  
Dermatology  
Ear Nose Throat & Audiology  
Endocrinology  
Gastroenterology  
General & Vascular Surgery  
Gynecology  
Hematology & Oncology  
Hospital Medicine  
Infectious Diseases & Wound Care  
Interventional Pain Medicine  
Nephrology  
Neurology  
Ophthalmology  
Orthopaedic Surgery  
Pathology  
Psychiatry  
Pulmonology & Sleep Disorders  
Radiology  
Rheumatology  
Spine Surgery  
Urology

## In House Services

Urgent Care  
Ambulatory Surgery Centers  
Bone Densitometry  
CT & PET CT Scan  
Diagnostic Laboratory  
Digital Mammography  
Hearing and Dizziness Testing  
Infusion Center  
MRI  
Nuclear Medicine  
Optical Center  
Pharmacy  
Physical Therapy  
Pulmonary Function Testing  
The Skinshoppe  
Vascular Studies  
Weight Loss Services



FLORIDA MEDICAL  
CLINIC

Patient Information



Patient HelpLine

813-780-8440

[www.floridamedicalclinic.com](http://www.floridamedicalclinic.com)

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QUIT SMOKING

## IMPORTANT INFORMATION FOR YOU

Quitting smoking or stopping tobacco use in other forms can be one of the best decisions that you will ever make for your health. While quitting tobacco can be difficult, there are many things that you can do to assist you.

Cigarette smoking is a major cause of many diseases with more than 400,000 people dying as a result of cigarette smoking each year in the United States. Second hand smoke is also very harmful and as many as 40,000 people in the US per year die of heart disease related to exposure to second hand smoke. Other forms of tobacco use including chewing tobacco and snuff (smokeless tobacco) also have serious harmful health effects and are not a safe alternative to smoking.

Quitting smoking helps! Quitting smoking has both immediate and long term benefits. Quitting can rapidly reduce the risk for heart disease and the risk of heart attack is the same as a non-smoker as soon as two years after quitting. Smoking causes many diseases of the lung and quitting will prevent further lung damage related to tobacco use.

Almost 90 percent of lung cancers are due to smoking and quitting reduces the risk of developing lung cancer. By quitting, you also re-

duce the risk of other smoking related cancers such as head and neck, esophagus, pancreas and bladder cancer.

Smoking has also been associated with many other diseases such as peptic ulcer disease, osteoporosis, premature skin wrinkling and sexual problems such as impotence. Quitting may reduce the risk of these conditions.

While quitting tobacco use can be difficult, there are many treatments available which can assist you in accomplishing your goal. Support is available from many sources including your health care provider. There are several available prescription and nonprescription medications which can alleviate some of the withdrawal symptoms associated with quitting smoking. Nicotine replacement therapy, which is available by prescription and over-the-counter, comes in many different forms including gum, lozenges, skin patches, nasal spray and inhalers. These can be helpful in decreasing some of the withdrawal symptoms.

Prescription medications such as Varenicline (Chantix) and bupropion (Zyban) are available as a prescription from your health care provider to assist you in quitting smoking.

Many times it can take several attempts to quit smoking before you are able to quit completely. It is important that you not view these attempts as failures, but rather as a victory for the amount of time that you were able to quit.

When you are ready to quit, your health care provider can be an excellent source of information and help for you. There are also many other very good sources of help and support available to you. Some of these organizations are listed below.

UpToDate ([www.uptodate.com/patients](http://www.uptodate.com/patients))

National Library of Medicine ([www.nlm.nih.gov/medlineplus/healthtopics.html](http://www.nlm.nih.gov/medlineplus/healthtopics.html))

National Heart, Lung and Blood Institute ([www.nhlbi.gov](http://www.nhlbi.gov))

American Lung Association ([www.lungusa.org](http://www.lungusa.org))

American Heart Association ([www.americanheart.org](http://www.americanheart.org))

QuitNet ([www.quitnet.com](http://www.quitnet.com))

Quitworks ([www.trytostop.org](http://www.trytostop.org))

Agency for Healthcare Research and Quality ([www.ahrq.gov/consumer/tobacco/](http://www.ahrq.gov/consumer/tobacco/))

Quitline (tobaccofreeflorida.com) 1-877-U-CAN-NOW