



WHAT DOES OHIO STATE'S TOBACCO DEPENDENCE CLINIC OFFER?

The Tobacco Dependence Clinic is a service of Ohio State's Lung Center. The clinic offers smokers who are interested in quitting appointments with a dedicated Smoking Cessation Nurse Practitioner. Services include counseling and prescriptions for tobacco cessation medications when indicated.

- Complete nicotine dependence assessment
- Comprehensive counseling
- Personalized medication approach
- Relapse prevention
- Thorough follow up



You can schedule an appointment today with Gretchen Whitby, CNP, Certified Tobacco Treatment Specialist at The Lung Center.

Quit Smoking **Today.**
We can help.

The Ohio State University Wexner Medical Center

THE LUNG CENTER

2050 Kenny Road, Suite 2200
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Wexner
Medical
Center



The Tobacco Dependence Clinic

Dedicated to helping you quit.



Wexner
Medical
Center

Are you ready to quit smoking for good?

Reasons to Quit

- Breathe easier
- Feel better
- Have more energy
- Save money
- Set a good example

WHY QUIT SMOKING?

The risks of continued smoking are present with all forms of tobacco use, even low-tar or low-nicotine cigarettes. Nicotine dependence, or tobacco dependence, is an addiction to tobacco products caused by the drug nicotine. Dependence means you can't stop using these products even though they're causing you harm. Nicotine produces physical and mood-altering effects in your brain that are temporarily pleasing. These effects make you want to continue using tobacco, which often leads to dependence. While it's the nicotine in tobacco that causes nicotine dependence, the toxic effects of tobacco use come mainly from other substances in tobacco.

Early symptoms may include shortness of breath, frequent respiratory infections, worsened asthma, impotence and infertility.

Long-term risks include heart attack, stroke, lung and other cancers, emphysema and chronic bronchitis. In addition, second-hand smoke increases these risks among family members.

The approach

- Dependency assessment
- Assess and manage nicotine withdrawal symptoms
- Help with lifestyle changes
- Medication, if needed
- Diligent follow up

Reasons to come to our clinic

- You want to quit tobacco
- You want expert help in quitting
- Your doctor told you to quit
- You quit, but need support to prevent relapse

Resources

American Lung Association www.lungusa.org
American Cancer Society at www.cancer.org
National Cancer Institute at www.smokefree.gov

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**The Lung Center
Tobacco Dependence Clinic
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