

Tobacco Treatment Counseling

Are you ready to quit tobacco?

Tobacco use is one of the most preventable causes of death in the United States. It can lead to an increased risk of heart attack, stroke and cancer, as well as vascular and lung disease. Regardless of your smoking history or age, there are many advantages to quitting tobacco.

Immediate health benefits include:

- your blood pressure and heart rate returning to normal values
- the carbon monoxide level in your blood decreasing to normal

Also, your chance of heart attack decreases and lung function improves within weeks, and after one year, the risk of heart disease is half that of a tobacco user.

One size doesn't fit all – you have options

How many times have you quit smoking only to start again? Nicotine is an incredibly addictive drug and ending a dependence on it can be very difficult. Only a small percentage of people who try to stop using tobacco on their own are successful. Research shows you have a much greater chance of succeeding through a formal program that combines behavior modification, education, and quit aids rather than trying to quit on your own.

About the Tobacco Treatment Counseling at UH Harrington Heart & Vascular Institute

Whether you smoke cigarettes, e-cigarettes, or use smokeless tobacco, the Tobacco Treatment Counseling offers individual behavioral counseling, medical supervision and numerous resources to assist in quitting, as well as remaining tobacco-free.

Our program uses evidence-based care for tobacco dependence. We utilize a combination of behavioral counseling and medication which, when used together, have been shown to dramatically improve the chance of success. The Tobacco Treatment Counseling at UH helps make the decision to quit a lasting one.

The UH Harrington Heart & Vascular Institute counseling starts with an initial consultation which involves a detailed assessment of your health and medical conditions, tobacco history, quit attempts and other pertinent information that will aid in developing your treatment plan. You will meet with a certified tobacco treatment specialist who will develop an individualized plan with you. During your personal counseling visits, we will:

- Assist you with addressing the behavioral aspects of tobacco use and identifying barriers to successful quitting
- Education about addiction and health conditions that are worsened by tobacco use
- Determine which medications may aid in helping you remain tobacco-free
- Provide support and address relapse prevention
- Assess your overall health in relationship to quitting

Enrolling in the Program

A physician referral is needed to enroll in UH Harrington Heart & Vascular Institute's Tobacco Treatment Counseling service. Check with your insurance provider to see if you are covered for a tobacco treatment counseling.

Physicians may fax a completed referral form to 216-201- 5134, e-mail a referral to tobacco.treatment@UHhospital.org or place an order in AEMR. Schedulers from UH will call you to set up your first appointment at one of our eastside facilities.

For More Information

Call UH Harrington Heart & Vascular Institute's Cardiovascular Pulmonary Rehabilitation Center to learn more about the Tobacco Treatment Counseling at 216- 896-1810.

For more information on UH Harrington Heart & Vascular Institute, please visit UHhospitals.org/heart or call 1-866-UH4-CARE to schedule an appointment today.