

AMERICAN MEDICAL SEMINARS, INC.

POINT OF CARE REMINDERS

Patient Name	
Topic/Diagnosis	Smoking Cessation

Below are 3 simple recommended steps to follow for every patient who smokes. To assist you with implementing these steps, we encourage you to copy and insert this page into all of your patients' files who smoke for their next visit. We also encourage you to listen to the enclosed Audio CD which includes a Smoking Cessation presentation by one of our faculty members who provides additional recommendations to implement into your practice to help your patients quit smoking.

STEP 1

YES NO Did you ask your smoking patient to stop smoking?

Comments: _____

STEP 2

YES NO Did you provide literature* on how to stop smoking or recommend a "Quit Line" (1-800-QUIT-NOW) to your smoking patient? (see below)

Comments: _____

STEP 3

YES NO Did you add "smoker" to the patient's problem list and address the issue at each visit?

Comments: _____

IMPORTANT MESSAGES YOU SHOULD SHARE WITH YOUR PATIENTS WHO SMOKE

- ! Quitting before age 40 y.o. reduces smoking related diseases by 90%.
- ! 20 Minutes after you quit smoking, **Your Blood Pressure Decreases.**
- ! 8 Hours after you quit smoking, **Your Blood Oxygen Level Returns to Normal.**
- ! 3 Months after you quit smoking, **Your Lung Function Improves up to 30%.**
- ! 1 Year after you quit smoking, **Your Risk of Heart Attack is Cut in Half.**

To order a copy(ies) of the publication "**Clearing the Air: Quit Smoking Today**" for your patients, simply go to: <https://pubs.cancer.gov/ncipl/detail.aspx?prodid=P133>. You can also provide this link to your patient or download and print the PDF.

You may order up to 20 copies for Free. If you need more than 20, a nominal shipping and handling fee will be charged.

Other useful resources include:

National Cancer Institute- www.cancer.gov

Cancer Information Service- www.cancer.gov/contact/contact-center

American Cancer Society- www.cancer.org

American Heart Association- www.heart.org

Truth Initiative (formerly American Legacy Foundation)- <http://truthinitiative.org>

American Lung Association- www.lung.org

Centers for Disease Control and Prevention- www.cdc.gov/tobacco/index.htm

For more Clinical Tools & Resources, visit our website at: www.AmericanMedicalSeminars.com

