

# AMERICAN MEDICAL SEMINARS, INC.

## POINT OF CARE REMINDERS

<b>Patient Name</b>	
<b>Topic/Diagnosis</b>	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 audio presentation found on our website at <https://www.AmericanMedicalSeminars.com/SmokingCessation>. This Smoking Cessation presentation is by one of our faculty members who provides additional recommendations to implement into your practice to help your patients quit smoking.

<b>STEP 1</b>	<input type="checkbox"/> YES	<input type="checkbox"/> NO	Did you ask your patient who smokes if you may help them stop?
Comments: _____			
_____			
_____			

<b>STEP 2</b>	<input type="checkbox"/> YES	<input type="checkbox"/> 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: _____			
_____			
_____			

<b>STEP 3</b>	<input type="checkbox"/> YES	<input type="checkbox"/> NO	Did you add "smoker" to the patient's problem list and address the issue at each visit? Consistent messaging demonstrates importance.
Comments: _____			
_____			
_____			

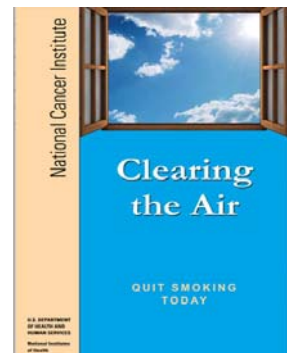
### **IMPORTANT MESSAGES YOU SHOULD SHARE WITH YOUR PATIENTS WHO SMOKE**

- ! 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.**

You may provide this link to your patient so they may download and print the PDF brochure: "**Clearing the Air: Quit Smoking Today**", simply go to: <https://pubs.cancer.gov/ncip/detail.aspx?prodid=P133>.

Other useful resources include:

- National Cancer Institute- [www.cancer.gov](http://www.cancer.gov)
- Cancer Information Service- [www.cancer.gov/contact/contact-center](http://www.cancer.gov/contact/contact-center)
- American Cancer Society- [www.cancer.org](http://www.cancer.org)
- American Heart Association- [www.heart.org](http://www.heart.org)
- Truth Initiative (formerly American Legacy Foundation)- <http://truthinitiative.org>
- American Lung Association- [www.lung.org](http://www.lung.org)
- Centers for Disease Control and Prevention- [www.cdc.gov/tobacco/index.htm](http://www.cdc.gov/tobacco/index.htm)



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