



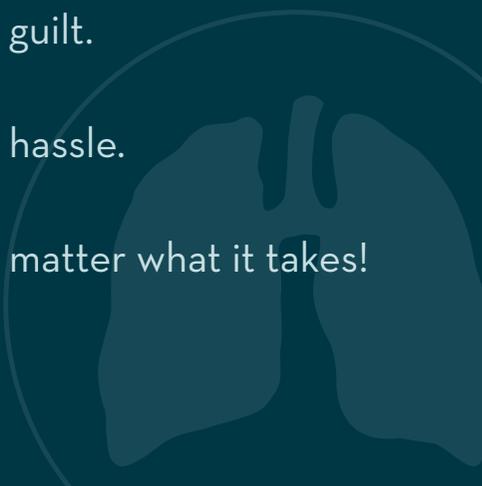
# QUIT SMOKING

Take a different approach  
to smoking cessation.

No guilt.

No hassle.

No matter what it takes!



## Comprehensive Smoking Treatment Program

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### Locations

Penn Presbyterian Medical Center  
Philadelphia Heart Institute, First Floor  
51 N. 39th Street  
Philadelphia, PA 19104

Perelman Center for Advanced Medicine  
West Pavilion, First Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104

### Contact Us

For an appointment or more information  
about quitting or quit smoking programs,  
please call 888.PENN.STOP (888.736.6786).

### Additional Resources

Pennsylvania's Free Quitline  
800.QUIT.NOW (800.784.8669)

Smoke Free Philly Quitline  
215.683.LIVE

Sponsored by the Comprehensive Smoking  
Treatment Program, University of Pennsylvania,  
Penn Presbyterian Medical Center.



**Penn Medicine**

800.789.PENN PennMedicine.org

Penn Lung Center



**Penn Medicine**

# SMOKING CESSATION

Comprehensive Smoking  
Treatment Program



## Who are we?

The staff at the Comprehensive Smoking Treatment Program consists of healthcare professionals from several areas of medicine, including pulmonary medicine, public health, and social work — all of whom are highly experienced leaders in the field of smoking cessation. Along with our expertise in the treatment of tobacco dependence, we share a common philosophy: Smokers deserve treatment that is supportive, without guilt or pressure.

We've helped hundreds of patients quit smoking successfully by designing a plan that meets their individual needs. Our positive, personalized approach has worked for even the most severely addicted smokers, including those who struggled during previous quit attempts, those who have relapsed after long periods of abstinence, and those who suffer from smoking-related problems.

## We're here to help.

It is not uncommon for patients to feel frustrated by their unique experience with quitting. We maintain a positive, supportive environment that does not rely on fear or shame to motivate smokers to quit. Our support includes individualized and specific strategies for helping people overcome nicotine addiction. We work alongside our patients without guilt or hassle for as long as it takes.

## What should you expect?

When you make an appointment, you can expect to:

- » Undergo an initial evaluation and management visit with a physician.
- » Work with a physician to develop a quit plan tailored to your specific needs.
- » Meet with a counselor to focus on stress reduction or weight control, if appropriate.
- » Learn about what medications are available to control cravings.
- » Schedule follow-up visits based on your needs.

All of our services are reimbursed by most major insurance carriers.



## How are we different?

"I've done acupuncture, hypnosis, and stop smoking group programs, but the only thing that ever worked for me was this clinic because it was one-on-one coaching. It was someone cheering for me saying 'I believe in you, and I will stay with you until the end...' I believed in myself because they believed in me."

— Chrissa M, 47, former smoker

The fundamental difference between the way we address smoking and the way it has been thought about in the past is that we treat it as a medical condition that needs to be controlled... just like asthma or diabetes.

- » We won't make you feel ashamed about smoking.
- » We won't frighten you into quitting.
- » We won't rely on gimmicks for treatment.
- » We do not expect you to quit smoking at your first visit.

We will collaborate with you every step of the way, to find the right combination of treatments to empower you to quit — safely and comfortably.