

*Thank you for providing
me the tools and support
needed to quit. I will win
this battle. I will win it!*
- Participant

ENROLL NOW

Please call **304-598-4000**
ext. 72038

or

Email:

piechowskik@wvumedicine.org to enroll in our next
class

WVU Family Medicine
6040 University Town
Centre Dr.
Morgantown, WV 26501

Get help selecting the best quit aid for you.

Nicotine patch (free!)	Place patch on the skin once daily. Gives a small and steady amount of nicotine.
Nicotine gum (Over the counter)	Chew for 5 seconds until tingling feeling, then place between cheek and gums.
Nicotine lozenge (Over the counter)	Place in the mouth like hard candy when the craving comes on. Releases nicotine
Nicotine inhaler (Prescription)	Cartridge attached to a mouthpiece. Gives a set amount of nicotine each inhalation. Mimics smoking a
Nicotine nasal spray (Prescription)	Pump bottle that contains nicotine spraying into the nose.
Chantix (Prescription)	Pill that blocks nicotine's effect in the brain. Taken for 12 weeks.
Zyban (Prescription)	An antidepressant pill that works by acting on brain chemicals to reduce craving

BREATHE WELL. LIVE WELL.

A free 6 week group
program to help you quit
using tobacco.

Starts Dec. 7th 2020
ZOOM meetings
6 -7 PM



 **WVU**Medicine

BREATHE WELL, LIVE WELL

- Now enrolling for class
- FREE tobacco cessation group meetings
- 6 weeks, 1 hour per week
- Mondays, 6 - 7 pm
- Join from the comfort of your home via ZOOM
- Groups led by team of dietitian and pharmacists
- Free nicotine replacement patches



***Group Therapy,
Individual Focus***

Some food for thought...



Smoking is associated with increased severity of disease and death in hospitalized COVID-19 patients.

Only 6% of people who try to quit smoking for the first time succeed.



When smokers participate in group therapy, they are 4 times more successful!

When medication aids are used, smokers are 3 times more likely to quit.



Class Outline

- **Session 1:** Getting Ready to Quit
- **Session 2:** Understanding Habit & Addiction
- **Session 3:** Cessation Techniques
- **Session 4:** Developing a Plan to Quit
- **QUIT DATE**
- **Session 5:** Preventing Relapse
- **Session 6:** Reflections

For information on start dates, please call 304-598-4000 ext. 72038

Practice using the 4 Ds now to get through a craving:



Delay



Distract



Drink water



Deep breathe