



North Renfrew Family Health Team Newsletter

Smoking Cessation Program - Are you ready to quit?

Smoking is the leading cause of preventable death.

To be successful on your quit attempt, you may need a little help. North Renfrew Family Health Team (NRFHT) now offers a new program on smoking cessation and can help connect you to other community resources.

People who are patients of the NRFHT and want assistance to quit smoking can refer themselves or their doctor/nurse practitioner can refer them for smoking cessation counselling with our Registered Practical Nurse. The program runs once a week, every Monday.

Some of the information you can expect to discuss include:

- Review your smoking history
- Work with you to identify your smoking triggers and understand their role in a quit attempt.
- Explore your reasons for quitting
- Learn about nicotine addiction and withdrawal
- Learn about the smoking cessation aids that can help you to be successful

Other resources who can help your quit attempts:

1. STOP program, every Friday at DRDH sunroom, 10:30 to 11:30 am. Drop-in clinic. You can have access to free Nicotine Replacement Therapy (NRT) for 26 weeks. 613-732-3356 or ikavalkom@renfrewhosp.com
2. Smoker's Helpline, free, confidential service operated by the Canadian Cancer Society offering support and information about quitting smoking and tobacco use. Bilingual services are offered by phone and online at 1-877-513-5333 and www.smokershelpline.ca. Text messaging are also available in Ontario. Hours of operation are 7 days/week Monday-Thursday 8am to 9pm, Friday 8am to 6pm and Saturday-Sunday 9am to 5pm.
3. Leave the Pack Behind, for young adults ages 18-29. 8 weeks of free Nicotine patches and gums. Website: www.leavethepackbehind.org Contact information: (905) 688-5550 ext 4992, email: ltpliboffice@brocku.ca. Also on Facebook and Instagram.
4. Resources for young:
 - a. Website and phone app: www.breakitoff.ca
 - b. Quit 4 Life handbook for youth: www.quit4life.ca (Health Canada)

5. My Quit, offer different types of coaching, by telephone, online program. You may be eligible to access nicotine replacement therapy at a reduced cost.
www.myquit.ca
6. Mackay Manor, provide free NRT (if available) 613-432-7666 or 1-877-819-4181
7. Self Help Resources:
 - a. One Step At A Time booklet (under "Get Help to Quit" tab):
www.cancer.ca/OneStepAtATime
 - b. Pregnets: website for moms and moms to be: www.pregnets.org