

Smoking Cessation Program

Tobacco use is a major risk factor in chronic disease, including cancer, heart disease, stroke and respiratory illness. Quitting smoking is the single most important thing that you can do for your health.

No one says that quitting is easy, but it is possible. We can help.

We are pleased to announce that we launched the Ottawa Model for Smoking Cessation (OMSC) in February 2012.

This model was developed by the University of Ottawa Heart Institute in 2002. Its methods resulted in a 50% increase in the number of smokers who were able to quit long term. With its interdisciplinary approach, it is a perfect fit for our family health team.

OMSC provides

- strategic smoking cessation counselling
- quit smoking medications as needed
- follow-up supports tailored to your needs.

Did you know that smokers who try to quit with the help of counselling and cessation medication are 2 to 4 times more successful with quitting long term than those who attempt to quit on their own?

We can help you on the road to being smoke-free. Simply ask for a referral to a smoking cessation counsellor through your family doctor's receptionist or discuss it with your doctor or nurse practitioner.

For more information about quitting smoking: <http://www.smokershelpline.ca/>