

REMEDYMD™

YOU & YOUR DOCTOR

Smoker's Aid

Putting together your quit-smoking team is an important step in making a firm commitment to stop using tobacco. Online support groups, family and friends all play a significant role in your campaign to break free of nicotine's addictive powers. But your primary-care physician, who knows you and your medical history, is uniquely positioned to make sure you succeed. Today there are effective treatment options — nicotine replacement, nicotine blockers, antidepressants and counseling—that have been shown to more than double the chance for success. By having a physician provide you with the therapies and prescriptions you need and monitor their effects and effectiveness, you will be more likely to see rewards for your efforts. Here, we provide a doctor-discussion guide. Make an appointment to see your doctor, and fill out the form to the right with information about your smoking habit. When you see the doctor, provide that information. Also, fill in the answers you get to the suggested questions about support and treatment options.

You might **WIN \$50**—if you tell us what you think. Just answer a few questions at RemedyMDQuit.com

INFO & ANSWERS

What to tell your doctor: It's hard to admit to a health-care provider that you even have the smoking habit. But your doctor wants to help you quit and can only do that effectively if you are willing to share the details of your smoking history and habits. So jot down your answers to these questions and take them with you when you go to see your doctor about getting the right therapies to help you quit.

How old were you when you started smoking? _____

How long have you been smoking? _____

Have you ever tried to quit before? _____

If you did quit, what was the trigger that caused you to start again? _____

Did you use any quit-smoking therapies? _____

How much do you now smoke every day? _____

When do you smoke the most? _____

What to ask your doctor: Work with your health-care provider to set up the best plan for your stop-smoking efforts. Start by asking:

Do you recommend quit-smoking aids? If so, which ones? _____

In your experience, what are the most effective treatments? _____

What can I do about the risk of gaining weight? Can you recommend a nutritionist with whom I could talk? _____

What do withdrawal symptoms feel like, and what can I do to lessen them? _____

If the therapies you recommend don't work, can I try some different treatments? _____