

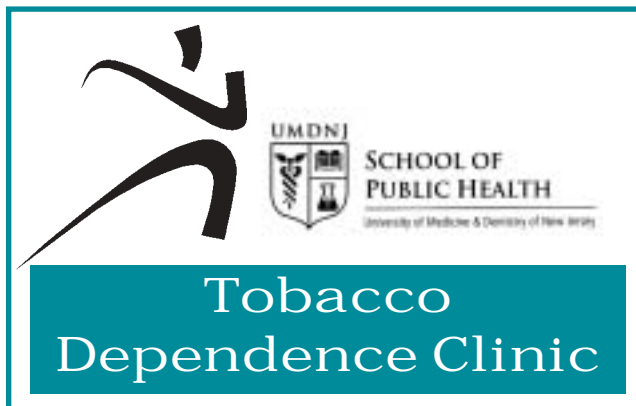
Need help to stop smoking?

- Have you tried to quit without success?
- Did you get too “stressed out” when you tried to quit?
- Have you smoked for a long time?
- Are you embarrassed about your smoking?
- Do you have health problems related to smoking?
- Has your workplace gone smoke-free?
- Does your smoking contribute to family or emotional problems?
- Are you fed up with being addicted to tobacco?
- Has your doctor told you to quit?
- Do you really want to quit?

If you answer “Yes” to any of these questions, the Tobacco Dependence Clinic can help you.

The Tobacco Dependence Clinic provides state-of-the-art treatment tailored to your individual needs.

If you have any questions about the clinic or would like to make an appointment, please call.



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**You can also find help at www.nj.quitnet.com
or The New Jersey Quitline 1-866 NJ-STOPS**

The Clinic is part of the UMDNJ Tobacco Dependence Program which is sponsored by New Jersey Department of Health and Senior Services through the Comprehensive Tobacco Control Program.

The UMDNJ-School of Public Health is sponsored by the University of Medicine and Dentistry of New Jersey in cooperation with Rutgers, The State University of New Jersey and the New Jersey Institute of Technology and in collaboration with the Public Health Research Institute.

Tobacco Dependence Clinic



Want Help to



Stop Smoking?

732-235-8222

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Why is it difficult to stop using tobacco?

When people try to give up tobacco, they find they miss the “habit” part of it (e.g., lighting up while on the telephone, or having something to do with their hands in social situations).

Irritability, restlessness, anxiety and sadness are common withdrawal symptoms during the first month after quitting. Sometimes poor concentration, sleep disturbance and increased appetite also cause problems. The combination of these factors plus the stresses of everyday life cause many people to relapse to tobacco within a short time.



How can the Tobacco Dependence Clinic help?

The Tobacco Dependence Clinic is staffed by trained professionals who understand how difficult it is to stop using tobacco. Withdrawal symptoms associated with quitting can be effectively treated with current medications when used properly. Our professionals provide a regimen specifically tailored for you. Beyond that, personal support from others can make the difference in those early days during which many people relapse. There is now scientific proof showing that smokers receiving this kind of help are more than four times as likely to succeed in stopping tobacco use. Clinic professionals provide personal support to clients throughout the quitting process.

Clinical Services

The Tobacco Dependence Clinic is for people who have decided to quit smoking, for those who are considering quitting, and for concerned relatives and friends of a tobacco-dependent person.

The UMDNJ Tobacco Dependence Clinic is staffed by a multidisciplinary team of trained tobacco dependence specialists, with backgrounds in internal medicine, psychiatry, psychology, social work and counseling.



What happens at the first appointment?

When you attend the clinic for the first time, you will meet with a trained tobacco dependence specialist. This meeting will include a full discussion of your tobacco use history and your reasons for wanting to change. At the end of the first appointment you and the specialist will develop a plan to meet your needs.

What treatments are provided?

The kind of treatment provided will depend on your individual needs. You may choose to make use of one or more of the following:

- Individual treatment
- Group treatment
- Nicotine replacement therapy (gum, patch, inhaler or nasal spray)
- Other pharmacological aids (e.g., Zyban).

The Tobacco Dependence Clinic can help.