



# Smoking Cessation

## Key Points

- Smoking cessation is a personalized gradual process of behavioral and pharmacologic interventions to promote total abstinence from tobacco
- Smoking cessation can eliminate personal and passive smoker health risks; patients can still benefit from quitting tobacco despite some damage to the lung
- The 5 A's is a useful tool for smoking cessation counseling
- Background information, assessment of nicotine dependence, stage-based counseling strategies and emphasis on the benefits of quitting are essential for a successful smoking cessation program
- Patients need education and support especially with nicotine withdrawal symptoms, and encouragement to remain tobacco free once they have stopped smoking