

STOP SMOKING, YOUR HEALTH MATTERS

Do you know?



Life expectancy for smokers is at least **10 years** shorter than for nonsmokers.



Quitting smoking before the age of **40** reduces the risk of dying from smoking-related disease by about **90%**.



Lung cancer is not the only malignancy you can get from smoking. Others include cancer of the **bladder, blood, kidneys, liver, stomach, throat** and many more.



Tobacco kills more than **6,000,000 people each year**, translating to one smoking-related death every **5 seconds**.



*Reference retrieved from Centers for Disease Control and Prevention/CDC, World Health Organization/WHO, Verywell Mind and The Week website.

Get the support to help you quit through our quit smoking programme. FAQ:

How much is the cost per session?

Our consultation is free. However, patients will have to pay for their treatment patches or gums at our retail pharmacy. Teleconsultation and medication delivery services are also available during the MCO period.

How long is the duration per session and throughout the programme?

Duration may range around 30 minutes during the first session as we would carry some background study and roughly 20 minutes for subsequent follow ups.

What are the treatment and therapy options provided by Sunway?

We offer nicotine replacement therapy that comes in the form of a chewable gum or patch. The treatment may take up to 3 months or will be customised according to the patient's progress and history. The patient may also opt for medications or for clinician counselling therapy.

Make an appointment with us today. Your determination is key for you to complete the programme.

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Stop No Smoking Programme

Marcel A. Müller



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