

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.

 **+603-74911358**

[10am to 5pm Monday to Friday] [9am to 1pm on Saturday]

Closed on Sunday and public holidays

Stop No Smoking Programme

CO Houle



Stop No Smoking Programme:

Stop! No Smoking Programme Nicola Willis, 2012-09-30 Despite the evidence that smoking kills there are estimated to be 15 million smokers in Britain of which 70 per cent want to give up Unlike any other key stop smoking books STOP No Smoking Programme looks at all the available quit techniques and helps the reader find the most suitable for them It sets out a clear programme based on the latest research in a lively and accessible format backed up with quizzes and celebrity success stories The four week STOP Programme provides a step by step guide to the week before Quit day and the 3 weeks that follow it with motivation packed 2 hour sections for the first 3 days after stopping The Guide will debunk many of the popular myths and misconceptions about tobacco addiction and will arm quitters with the information and techniques necessary to quit smoking for good

State and Local Programs on Smoking and Health, 1986 *State & Local Programs on Smoking and Health*, 1985 Review and Evaluation of Smoking Cessation Methods Jerome L. Schwartz, 1987

Dissemination of a Quit Smoking Program Clara Manfredi (PhD.), 2000 **Tobacco: The Growing Epidemic** Rushan Lu, Judith Mackay, Shiru Niu, Richard Peto, 2012-12-06 This book contains the full proceedings of the Tenth World Conference on Tobacco or Health held 24-28 August 1997 in Beijing China and hosted by the Chinese Association on Smoking and Health and the Chinese Medical Association Tobacco is now causing a worldwide epidemic of premature death and disability affecting first men and then women in developed countries and now increasingly affecting developing countries The theme Tobacco The Growing Epidemic was chosen to reflect the increasingly global nature of the problem State & local programs on smoking and health. 1985/86 [publ 1986], 1982 **Progress in Smoking Cessation**, 1978 *A Smoking Cessation Program for the Dental Office*, 1994 *A Longitudinal Follow-up of a Smoking Cessation Program Involving Low Income Women* Lynn M. Mosko, 1995 The Effect of Relapse Prevention Training on Computer-assisted Smoking Cessation Patrick Michael Reilly, 1989 **psychology today**, 1988 The No-tobacco Educator ..., 1919 Women are Not Small Men Nieca Goldberg, 2002 The single greatest health risk for women today more than stroke and all cancers combined is heart disease Yet despite this documented fact heart disease is still considered primarily a male problem with the result that far too many women go untreated by doctors and are misinformed by the existing literature Now with this groundbreaking new book Dr Nieca Goldberg the nation's leading expert on women's heart disease has at last remedied this situation Women Are Not Small Men presents detailed decade by decade programs that give women at any age OF life the facts and the guidance they need to recognize treat and prevent heart disease In the course of her work as founder and chief of the Women's Heart Program at New York's Lenox Hill Hospital Dr Goldberg has come to a startling realization Women experience heart disease in a fundamentally different way than men do The physiology of a woman's heart attack is not the same as a man's the symptoms of heart disease and signs of impending heart attack differ for women and once heart disease has been recognized women often do not get the treatment and medications they need In this accessible book she uses these critical

insights to build a complete treatment and prevention program geared to the unique needs of women Engagingly written and grounded in compelling true patient stories the book presents comprehensive instructions on what you can do to maintain or improve your heart health including how to spot the warning signs of heart disease the exercises and diet to follow for prevention and recovery how to assess risk factors techniques for reducing stress the truth about estrogen and hormonereplacement therapy which supplements and herbal remedies really work and how to become your own advocate in dealing with the medical profession Dr Nieca Goldberg has made it her mission to give women the treatment and information they deserve Now she makes her research prevention program and recovery strategies accessible to all women Authoritative caring and up to the minute this is destined to become the women s health book of the new millennium United Synagogue Review ,1986 *California Physician* ,1984 **The American Review of Respiratory Disease** ,1990 Includes Abstracts section previously issued separately *Bulletin* American Lung Association,1979 **Journal of the Medical Society of New Jersey** Medical Society of New Jersey,1984 Includes the society s Annual reports American Lung Association Bulletin American Lung Association,1979

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