



## **Lutheran Cancer Center Tobacco Cessation Program - Specialized patient-centered program for Nicotine Dependence**

Are you ready to quit tobacco or just thinking about quitting? WE CAN HELP. The program includes a trained Tobacco Treatment Specialist who understands the specific needs of all patients including those who are going through cancer treatments.



### **Your treatment plan will be tailored to your needs.**

- ◆ Offer you convenient virtual or telephone and/or group treatment sessions
- ◆ Provide tools to make quitting easier
- ◆ Increase your readiness to quit
- ◆ Increase your confidence and motivation to quit
- ◆ Recommend medications to help you quit
- ◆ Address barriers to quitting tobacco
- ◆ Develop a custom quit plan with you

### **Convenient Support**

Virtual or telephone and/or group sessions are offered.

Individual virtual or telephone sessions are about 20-30 minutes long a minimum of 4 sessions. Group sessions are 1 1/2 hours long and will be virtual on specific days and time (please contact the cancer center for more details).



**Tobacco Cessation Program**

### **Who is eligible and how to sign-up**

All patients and public are eligible for this program. Patients can be referred by their care team or you can always contact Lutheran Cancer Resource Center. **See contact information above.**

