

Smoking Cessation Program

You know you must stop smoking. You already know the reasons why, but we're going to tell you again.

- Smoking is THE leading cause of preventable death and disease
- There is a direct link between smoking, heart disease, cancer, COPD, stroke and early aging
- Second-hand smoke is a contributor to increased disease in those around you, especially children

What will happen if you quit smoking?

- Prolonged healthier life for you and others
- Reduced risk of diseases
- Feel better, look better
- Save money

Our staff will develop an individualized plan to help you stop smoking that includes:

- Medications like nicotine patches, gum, and spray
- Prescribed medications such as Chantix, Wellbutrin or Zyban
- Advisement on alternative treatments such as laser therapy, acupuncture and hypnosis

The Cleveland Clinic Smoking Cessation Program is waiting to provide you with the education, direction and support you may need. If you would like to participate in our program, you should request a referral from your treating physician. Once you are enrolled in the program, our staff of trained professionals will discuss which treatment will work for you. They will explain your treatment plan then schedule follow-up appointments. These follow-up appointments provide information and counseling. Our program is designed to fit you and your life. Insurance companies may or may not cover this service. Please check with your insurance provider for coverage details.

This information is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace a physician's independent judgment about the appropriateness or risks of a procedure for a given patient.

Contact Information

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Cardiopulmonary Rehabilitation & Education

To participate in our Smoking Cessation Program, call 954.659.5978.

Program services are available on Mondays, Wednesdays and Fridays.

For more information, visit www.clevelandclinicflorida.org/smokingcessation