Smilow Cancer Hospital
Tobacco Treatment Program

Quitting Tobacco is Hard

Stopping tobacco use is hard for two main reasons:
• The body becomes addicted to the nicotine in tobacco
• It is something that many tobacco users have been doing for a long time

Nicotine withdrawal can cause unpleasant symptoms such as cravings, irritability, restlessness, difficulty concentrating, and mood changes.

Our treatment strategies reduce nicotine withdrawal symptoms and help you cope with cravings and break the cycle of tobacco use.

Types of Treatment

Treatment can include safe, effective FDA-approved medications for tobacco such as:
• Nicotine replacement (patch, gum, lozenge, inhaler or nasal spray)
• Bupropion (Zyban)
• Varenicline (Chantix)

We provide individual counseling to help you:
• Learn other ways to manage stress/improve your mood
• Develop new and healthy daily routines

We focus on helping you stop tobacco use—on your timeline—and gain specific skills to prevent or handle “slips” and maintain your long-term goals.
Health Benefits of Quitting
Stopping tobacco use reduces your risk for disease and early death. There are health benefits at any age. YOU ARE NEVER TOO OLD TO QUIT.

Health benefits begin immediately, including:

▲ INCREASED
• Blood oxygen levels

▼ DECREASED
• Heart rate, blood pressure, chance of heart attack

Long term benefits include:

▲ INCREASED
• Lung health
• Health of skin, teeth, gums
• Fertility

▼ DECREASED
• Risk for lung cancer and many other types of cancer
• Heart disease risk

For People with Cancer
There are many benefits to quitting for people with cancer – even if their cancer diagnosis is not tobacco-related.

▲ INCREASED
• Effectiveness of response to chemotherapy and radiation

▼ DECREASED
• Surgery complications
• Recovery time from surgery
• Cancer treatment side effects
• Risk of cancer returning and the development of new cancers

Tobacco Treatment Program
Lisa M. Fucito, PhD
Associate Professor, Psychiatry
Program Director

Steven L. Bernstein, MD
Professor, Emergency Medicine
and Public Health
Medical Advisor

Heidi DiGiovanni
Coordinator

Contact Us
20 York Street
New Haven, CT 06510
P (203) 688-1378
E quitsmoking@ynhh.org

Program provides treatment for non-English speaking patients

Connecticut Quitline
800-784-8669

Follow us on:  

yalecancercenter.org | smilow.org

YaleNewHavenHealth
Smilow Cancer Hospital