

# Richmond University Medical Center

Nicotine Education and Treatment Program

**ARE YOU READY TO TRY?**



*We Can Help*



## **YOU ARE NOT ALONE**

Ending the use of cigarettes or any nicotine product can be a challenge. Many people make several attempts before finally becoming nicotine free for good. We recognize how hard it is to end the dependence and we have designed a comprehensive approach to improve your chance for success.

## **ABOUT OUR PROGRAM**

The Richmond University Medical Center Nicotine Education and Treatment Program is available to people 18 years of age and older. It is a free program that features face-to-face counseling with a customized approach to quitting. We offer:

- Convenient, effective, and professional counseling
- The opportunity to work with a certified tobacco treatment specialist in a free six-week group session
- Up-to-date consultation on the use of medications known to increase success rates

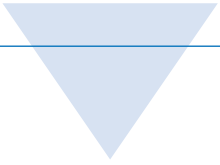


*Ready  
to try*

The Nicotine Education and Treatment Program is an important component of the Pulmonary Center, which offers state-of-the-art services for screening and diagnosis of chronic obstructive pulmonary disease (COPD) and lung cancer as well as the latest medical and surgical treatment options. The Center is also directly connected to Richmond University Medical Center's Cardiopulmonary Rehabilitation Center, which offers programs and services that improve lung health and reduce the demand for future hospital visits.

### **TAKE THE FIRST STEP**

Quitting smoking is perhaps the single most important step you can take to improve your health. No matter how long you have smoked or vaped, or how often you have tried to quit, it's never too late to try again. Let us help you end your dependence and set you on the road to a healthier future.



For more information, contact  
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[rumcsi.org/lungscreening](https://rumcsi.org/lungscreening)