

Quitting Smoking is a challenging task. It is quite hard to do it on your own.

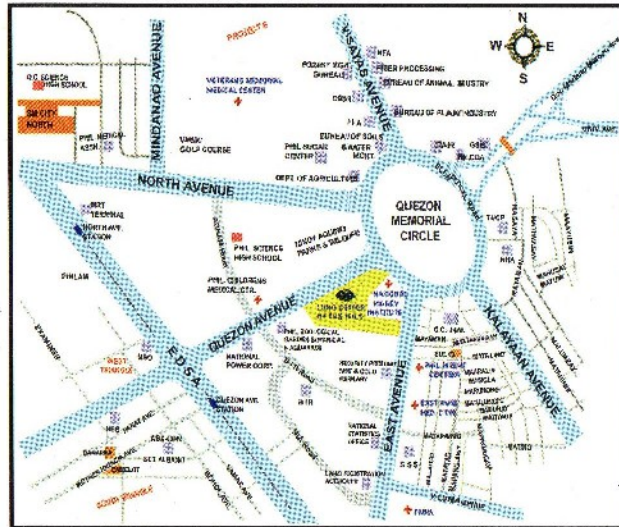
The Smoking Cessation Program of the Lung Center of the Philippines is here to help you overcome personal obstacles to quitting a life-threatening and expensive vice.

LCP Outline # 0922471506d

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LCP Banal Mag-Yosi

The **Lung Center of the Philippines** is located near the Quezon Memorial Circle and is easily accessible from Metro Manila areas and areas of Bulacan on the outskirts of Manila.

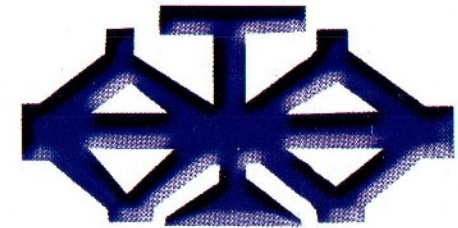


Lung Center of the Philippines  
**Smoking Cessation Program**

OPD- Out Patient Department

Lung Center of the Philippines  
Quezon Avenue Extension  
Quezon City 1100

Tel no. 9246101 local 358



**LUNG CENTER  
OF THE PHILIPPINES**



**SMOKING  
CESSATION  
PROGRAM**



## What is the Smoking Cessation Program?

- ✓ The program was conceptualized to help smokers who want to stop smoking
- ✓ It aims to improve the smoker's ability to become and stay nicotine free by providing support and care
- ✓ Support and care for the smoker is achieved through individualized assessment, counseling, behavioral/ psychological therapy and medication.

## How can the program help you and your loved ones?

*The program can help you:*

- ✓ Realize the ill effects of smoking.
- ✓ Appreciate the benefits of quitting.
- ✓ Help you understand why you crave for your next cigarette-knowing your own road blocks to quitting.
- ✓ Assist you in making a plan to counter your road blocks in quitting.
- ✓ Maintain a healthy lifestyle without cigarettes.
- ✓ Improve quality of life.

## How long is the Program?

The program is composed of at least 4 sessions with each session prescheduled by the smoker and his counselor. Each session is held at most 1 week apart with each session not lasting less than 30 minutes.

## What comprises the program?

- ✓ Individualized counseling, behavioral/ psychological and pharmacological therapy by doctors experienced in smoking cessation.
- ✓ Educational lecture and materials on the ill effects of smoking and the benefits of quitting.
- ✓ Dietary advice by qualified dietitians.
- ✓ Exercise programs conducted by competent physical therapists.
- ✓ On call support of counselors.
- ✓ Tracking and monitoring of smokers after the completion of the program through pre-set clinic visits and phone call follow up.

## How much does the program cost?

The program charges a minimum fee, inclusive of carbon monoxide measurement, individualized exercise program and educational materials

## How can I join?

You may call our Program Coordinator, **Ms. Riza San Juan at 9246101 local 267** for scheduling or visit us Mondays to Fridays at **9AM- 4PM:**

