

## CIS Smoking Cessation Program Frequently Asked Questions

### Q: How does the program work?

A: Our Tobacco Free Program offers prescription and over-the-counter medications, supportive services conducted either individually or in a group, and visits with a physician or nurse practitioner to aid you in quitting the use of tobacco. Our physicians will work with you to plan your quit date and determine what medications and supportive services you may need.

### Q: How much does this program cost?

A: Program cost varies depending on each participant's health insurance benefits. Some individuals who meet certain criteria may qualify to receive these benefits FREE of charge.

### Q: How do I determine if I qualify to participate in this program FREE of charge?

A: The FREE resources are made available via the Louisiana Smoking Cessation Trust Fund. The Trust criteria are two-fold:

- Are you a resident of Louisiana?
- Did you smoke a cigarette prior to September 1, 1988?
- If you answered yes, you qualify for these FREE resources.

### Q: What if I want to quit but don't qualify for the FREE program?

A: If you want to quit smoking but do not qualify for the free program, there are services that may still be funded for you, and your health insurance may cover some portions of the program as well. Please contact a CIS clinic near you for more information.

A: You can call 1-800-QUIT-NOW or visit [www.quitwithusla.org](http://www.quitwithusla.org) where you can find other resources, such as a coach, who can help you develop a plan to quit and offer counseling. This service is free for all Louisiana residents age 13 and older who are ready to quit within the next 30 days.

### Q: Is the program really FREE?

A: Yes, The program is free for individuals who meet the eligibility criteria for the Trust, and who are currently enrolled in the program. Once you enroll in the Trust and are approved, you will receive a benefits card to obtain free smoking cessation medications (both prescription and over-the-counter), as well as free doctor visits and supportive services (individual or group sessions).

**Please Note:** If a physician provides services unrelated to smoking cessation during a visit, the patient will be billed for a regular visit and there will be a co-pay.

### Q: Why should smokers try to quit?

A: In addition to causing several types of cancer, lung problems and reproductive complications, smoking is a major risk factor for cardiovascular disease. Smoking damages the blood vessels and can make them thicken and grow narrower. This makes the heart beat faster and work harder, which leads to high blood pressure, blood clots, and a higher risk of heart attack or stroke.

### Q: Do I have to quit right away?

A: No, We will work with you to choose a quit date that is best for you to quit. It does not need to be the day you come in. Please know that the program offers a total of two 120-day benefit coverage periods in one year. Therefore, you must re-enroll after the first 120 days. We can assist you with this if the need arises.

### Q: Will it make a real health difference if I quit?

A: It's never too late to quit. Giving up smoking quickly reduces the chance of developing cardiovascular disease, and within five years of quitting, the chances of having a heart attack are 50-70 percent lower for former smokers compared to current smokers.

### Q: If I have tried multiple times to quit without success, how can this attempt be more successful?

A: In addition to providing free medication to fight nicotine cravings, CIS also offers counseling services (both in person and over the phone) to guide the participant in resisting cravings and responding to moments of weakness. Nicotine addiction is the only addiction in which cessation is the most successful after multiple attempts. The program allows for two 120-day quit attempts a year for the next 10 years totaling 20 quit attempts. You can do it, and we are here to help you.

### Q: How can smokers sign up to participate?

A: To sign up, call or visit the CIS clinic nearest you. You can also enroll by visiting [www.cardio.com/quitsmoking](http://www.cardio.com/quitsmoking) or [www.smokingcessationtrust.org/CIS](http://www.smokingcessationtrust.org/CIS). After signing up, a benefits packet will be mailed within about 7 days. Upon receiving this packet you should contact our clinic to schedule a free smoking cessation appointment.

## Cardiovascular Institute OF THE SOUTH

### CIS Houma

225 Dunn Street  
Houma, LA 70360  
(985) 876-0300

### CIS Thibodaux

1320 Martin Luther King Dr.  
Thibodaux, LA 70301  
(985) 446-2021

### CIS Raceland

102 Twin Oaks Drive  
Raceland, LA 70394  
(985) 537-4000

### CIS Luling

1057 Paul Maillard Rd  
Suite D1900  
Luling, LA 70070  
(985) 308-1604

### CIS Morgan City

1231 David Drive  
Morgan City, LA 70380  
(985) 385-6390

### CIS New Iberia

500 N. Lewis Street #100  
New Iberia, LA 70563  
(337) 367-5200

### CIS Lafayette at Regional Medical

2730 Ambassador  
Caffery Pkwy  
Lafayette, LA 70506  
(337) 988-1585

### CIS Lafayette at Lafayette General

443 Heymann Blvd,  
Suite B  
Lafayette, LA 70503  
(337) 289-8429

### CIS Lafayette at UHC

2390 West Congress Street  
Lafayette, LA 70506  
(337) 261-6747

### CIS Breaux Bridge

1555 Gary Drive, Suite A  
Breaux Bridge, LA 70517  
(337) 332-2210

### CIS Crowley

1325 Wright Ave  
Suite H  
Crowley, LA 70526  
(337) 788-2554

### CIS Opelousas

1233 Wayne Gilmore Circle  
#450  
Opelousas, LA 70570  
(337) 942-3006

### CIS Zachary

6550 Main Street  
#1000  
Zachary, LA 70791  
(225) 654-1559

### CIS Baton Rouge

8401 Picardy Avenue  
Baton Rouge, LA 70809  
(225) 308-0247

Commit to Quit:   
Be Tobacco Free!



To enroll or obtain additional information,  
Contact a Tobacco Treatment Coordinator

near you:

**Zachary Region: 1-877-288-0011**

 Lane  
Cardiovascular Center

An affiliate of Lane Regional Medical Center

Cardiovascular Institute   
OF THE SOUTH

[www.cardio.com](http://www.cardio.com)

## What are the dangers of smoking?

Cigarette smoking is one of the most preventable causes of premature death in the United States, accounting for more than 440,000 deaths annually. There is no safe cigarette and no safe level of smoking. In addition to causing several types of cancer, lung problems and reproductive complications, smoking is a major risk factor for cardiovascular disease, causing fatty buildups in arteries and atherosclerosis (clogged arteries). Atherosclerosis is the chief contributor to the high number of deaths from smoking. Smoking causes emphysema and lung cancer, the leading cause of cancer deaths in the United States, among both men and women. Since the mid-1990s, more than 150,000 Americans have died of lung disease each year.

## Is second-hand smoke dangerous?

Studies show that second-hand smoke can have harmful effects on non-smokers and even cause them to develop diseases such as lung cancer and heart disease. Second-hand smoke may kill as many as 53,000 Americans yearly. About 35,000 of these deaths are from heart disease. Second-hand smoke at home increases the risk of death from heart disease by about 30 percent.

## What's in a cigarette besides nicotine?

- Acetone (fingernail polish remover)
- Ammonia (household cleaners)
- Ammonium bromide (toilet cleaner)
- Arsenic (rat poison)
- Benzene (industrial solvent)
- Cadmium (rechargeable batteries)
- Carbon monoxide (car fumes)
- Cyanide (poison in gas chambers)

- DDT (insecticide)
- Formaldehyde (preservative for dead frogs, embalming fluid)
- Hydrogen sulfide (sewer gas)
- Lead (a poison removed from nearly all paints)
- Mercury (highly poisonous and easily absorbed through respiration)
- Nickel (poisonous, a known cancer-causing agent)
- Polonium-210 (radioactive substance)
- 50 + cancer causing agents (carcinogens)

## How can I tell if I'm addicted?

- if you have tried to quit smoking and failed
- if you smoke within 30 minutes of waking
- if you sometimes smoke when awakened from sleep
- if you smoke to avoid withdrawal symptoms
- if you always keep cigarettes near at hand
- if you usually have a cigarette every two hours or less while awake
- if you smoke every day, usually more than 16 cigarettes per day

## Will it make a real difference if I quit?

It's never too late to quit. Giving up smoking quickly reduces the chance of developing cardiovascular disease. Within five years of quitting, the chances of having a heart attack are 50 to 70 percent lower for former smokers compared to current smokers. In fact, the chart on the right shows the health benefits of smoking cessation within just minutes of quitting.



<b>20 minutes after quitting</b>	Your heart rate and blood pressure drops
<b>12 hours after quitting</b>	The carbon monoxide level in your body drops to normal
<b>2 weeks to 3 months after quitting</b>	Your circulation improves and your lung function increases
<b>1 to 9 months after quitting</b>	Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function, increasing the ability to clean the lungs and reduce the risk of infection
<b>1 year after quitting</b>	Your risk of coronary heart disease is half that of a smoker's
<b>6 years after quitting</b>	Your stroke risk is reduced to that of a non-smoker
<b>10 years after quitting</b>	Your risk of dying from lung cancer is about half that of a smoker's; the risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too
<b>15 years after quitting</b>	Your risk of coronary heart disease is the same as that of someone who never smoked

Guide to Quitting Smoking; www.cancer.org. Accessed June 10, 2009



## Are you ready to be tobacco free?

We offer a comprehensive approach to help you successfully quit the use of tobacco!

## Our program combines:

- Physician Evaluations
- Supportive Services (individual or group counseling sessions)
- Medications (prescription and over the counter)

Some of these services may be available \*FREE to you!  
\*Certain criteria apply; call to see if you qualify for the FREE resources that may be available to you.

**Are you a resident of Louisiana?**

**Did you smoke a cigarette before September 1, 1988?**

Cardiovascular Institute of the South (CIS) has partnered with the Louisiana Smoking Cessation Trust to offer free smoking cessation counseling appointments and free medications that aid in quitting the use of tobacco to residents of Louisiana who started smoking prior to September 1, 1988. Residents who qualify must first enroll in the Trust to receive their benefits packet in the mail (this may take up to 7 days after enrolling).

Anyone interested in enrolling in the CIS program can do so:

- **Via website:** [www.smokingcessationtrust.org/CIS](http://www.smokingcessationtrust.org/CIS).
- **By phone:** Call the clinic nearest you.
- **In person:** Visit a clinic nearest you.

See the back panel for CIS phone numbers and locations. Once you are enrolled, contact CIS to schedule additional services.