

# Information on smoking cessation support program



The NAIST Health Care Center offers free smoking cessation support program for achieving your healthy and enjoyable campus life. Why don't you take this opportunity to attempt smoking cessation, especially if it was difficult for you to quit smoking before? Listed below are services in the smoking cessation program.

## ✓ Free nicotine patch

Nicotine patch is adjunct medication to keep smoking cessation. It is particularly effective for tough symptoms that occur when you start smoking cessation, such as irritability and decreased concentration.

【subject】

- All students, all faculty and staff
- Those who want to start smoking cessation and participate the smoking cessation support program.

## ✓ Nicotine dependency screening test

We have a simple questionnaire to test your nicotine dependency. If you always want to smoke or you feel restless unless you smoke, there is a high possibility of nicotine dependency.

## ✓ Consultaion for smoking cessation (individual consultaion)

Our Staff will give you instructions for smoking cessation. Please feel free to consult with us about your concerns such as “I failed smoking cessation many times” or “I am worried to start smoking cessation by myself.” we will work with you to find the best method for you by using the results of the above screening test,

## ✓ Smoking cessation declaration form

As a first step for smoking cessation, we ask you to fill out your name and the date you start the smoking cessation program on the declaration form. By clearly stating that you will start smoking cessation, you could have a stronger will to pursue the goal. We will do our best to support those who make the declaration.

## ✓ Smoking cessation diary

It is important to record and monitor your status in order to keep smoking cessation program.

By writing down your daily status and changes in your feelings, you can reflect on your efforts. We also provide you advice based on the record to support you in smoking cessation smoothly.

## ✓ Providing tips to keep smoking cessation

knowing what to do is important for successful smoking cessation. We will provide you specific tips so that you can keep the smoking cessation program. For example...

- When you want to smoke, chew a gum or take a deep breath
- Tell people around you that you are trying to quit smoking and ask for their support.
- Consult with us when your smoking cessation is not going well

Smoking cessation program is free.

If you consider about smoking cessation, or if you want to attempt the smoking cessation program, please feel free to stop by the Health Care Center. We will do our best to support your smoking cessation.