

TOBACCO CESSATION COUNSELING



Ortonville Area Health Services



Robert S. Ross, MD

Dr. Robert Ross at Northside Medical Clinic has been doing individual gratis tobacco counseling for 25 years. This program includes a 30 minute initial evaluation and treatment program and 10 minute followup appointments for a year. The appointments are free, however, medications prescribed are the responsibility of the patient and/or their insurance company.

The goal is to create an understanding of tobacco and nicotine addiction and to come up with an individualized plan to help resolve this problem permanently. Different programs work for different patients and therefore these programs need to be individualized.

There is nothing more important to help insure long term good health than to get a tobacco user off of tobacco. That goal would have more impact to a person's health than any other thing that the medical community can do in terms of treatments for prevention. We have made tremendous strides in helping people quit smoking over the last 40 years, but still 15% of adults continue to smoke.

Tobacco is directly responsible for 500,000 deaths per year in the United States and lung cancer associated with tobacco use is the leading cause of cancer deaths in both men and women. Those deaths are almost totally caused by smoking. We don't need better testing to detect lung cancer earlier or better treatments for lung cancer; If we could get a generation of people to discontinue smoking, lung cancer as we know it today would be eliminated. Tobacco is also strongly associated with many other cancers which are serious, debilitating and many times lethal.

Tobacco use already puts you at risk for a stroke or heart attack, but it increases your risk further when you have a chronic disease such as high blood pressure or diabetes.

If you are interested in participating in this program, call Northside Medical Clinic at 320-839-6157 and arrange an appointment.

Appointment

Please phone Centralized Scheduling at **320-839-4274** for scheduling questions.

What to Bring

Please arrive 15 min. early to register and bring the following items with you to your appointment:

- Your medications
- Insurance Cards
- Co-pays due
- Adult to Supervise Young Children