

# Give up smoking for good with tips from Loyola doctor

January 5 2011

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If you're a smoker wanting to get off to a healthier start this new year, Loyola University Health System will co-host a free smoking-cessation workshop to help you kick the habit.

"The clinic is for everybody and their loved ones who is interested in the hazards of smoking, the advantages of quitting and how to go about quitting because smoking is the toughest addiction to give up next to cocaine. It's a very powerful addiction," said Dr. Angelos Halaris, a Loyola psychiatrist who will be participating in the clinic.

The clinic will take place at 5 p.m. Wednesday, Jan. 19, at the Maywood Public Library, 121 S. Fifth Ave., Maywood. The clinic will last about an hour and will end with a short Q&A. Light refreshments will be served. The clinic will include:

- Information on quitting and treatment options from a coach trained and certified as a tobacco-treatment specialist.
- Insights from a smoker who has quit with the help of a prescription treatment option and support.
- Helpful ideas on where to turn for support.
- Strategies to prevent a return to smoking.
- Advice to help you speak with your doctor and set a quit date.

- Follow-up assistance for those wanting to quit.

“This is an educational event,” said Halaris, who specializes in smoking cessation. “We’re reaching out to the community and we want to educate the community about the health risks of [smoking](#).”

Provided by Loyola University

Citation: Give up smoking for good with tips from Loyola doctor (2011, January 5) retrieved 4 May 2024 from <https://medicalxpress.com/news/2011-01-good-loyola-doctor.html>

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