

## Treating Tobacco Use and Dependence

# Plan to be Tobacco Free!



Tobacco use is the single most preventable cause of death in Kentucky! The good news is that it is never too late to stop, but quitting can be difficult because tobacco contains nicotine, which is addictive. Quitting has immediate health benefits for tobacco users of all ages and is one of the most important steps people can take for their own health and for the ones they love.

The Kentucky Cancer Program has developed a new educational program to assist thousands of Kentuckians who are interested in overcoming tobacco use and dependence. Tobacco Treatment Navigators are conducting free classes at community locations for individuals who use tobacco, their friends and families. The interactive discussion topics help participants to:

- learn about tobacco use and nicotine addiction
- assess their readiness to quit
- find out about medications available through health care providers
- learn about over-the-counter products that can help
- understand the benefit of group support
- identify resources available from community and national organizations
- take advantage of social media resources
- assess personal habits
- develop a customized plan to quit

The program is based on the U.S. Public Health Service's Clinical Practice Guideline, Treating Tobacco Use and Dependence.

## Lung Cancer Screening

The U.S. Preventive Services Task Force (USPSTF) now recommends annual lung cancer screening for individuals at high risk based on smoking history and age. Smoking cessation greatly reduces a person's risk of developing the disease.

## Kentucky Cancer Program

Established in 1982 by the Kentucky General Assembly, the Kentucky Cancer Program (KCP) is a unique cancer control network with 13 regional offices across the state. The mission is to reduce cancer incidence and mortality through education, research, and service. KCP is jointly administered by the University of Louisville and the University of Kentucky.

For more information about the program or to enroll in an upcoming session, contact your local Kentucky Cancer Program office.

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