

Introduction

Tired of *trying* to quit smoking? Mercy's Pulmonary Rehabilitation Service can give you the tools and support you need to finally succeed. If you're truly committed to becoming a nonsmoker, our *No Ifs, Ands or Butts*TM smoking cessation program can help.

About Catholic Healthcare West

Catholic Healthcare West (CHW), headquartered in San Francisco, is a system of 40 hospitals with more than 7,500 physicians and 40,000 employees throughout California, Nevada and Arizona. In the Sacramento area, CHW operates Mercy General Hospital, Mercy San Juan Medical Center, Methodist Hospital of Sacramento, Mercy Hospital of Folsom, Woodland Healthcare, Sierra Nevada Memorial Hospital and Mercy Medical Group (a service of CHW Medical Foundation), as well as Mercy Home Health, Hospice and Lifeline. In fiscal year 2004, CHW provided more than \$566 million in charity care and unsponsored community benefit. For more information, please visit our Web site at mercysacramento.org.

REGIONAL CLASS SCHEDULES

Mercy General Hospital

Mercy Medical Plaza
3941 J Street
Sacramento, CA 95819

*Classes are held Thursdays, 5:30-7:30 p.m.
For scheduling call: 916.453.4268.*

Mercy San Juan Medical Center

Mercy Physicians Plaza, Suite 260
6555 Coyle Avenue
Carmichael, CA 95608

*Classes are held Thursdays, 5:30-7:30 p.m.
For scheduling call: 916.537.5299.*

Classes are subject to change. Please call to verify class date and time prior to attending, even if you are a prior student planning to attend for support purposes only.



Mercy

A member of CHW

Smoking Cessation Program



Are you ready to become a happy and successful ex-smoker? We can help.



Mercy

A member of CHW

No Ifs, Ands or Butts™ Smoking Cessation Program

Mercy's Pulmonary Rehabilitation Service is pleased to offer the smoking cessation program, *No Ifs, Ands or Butts™*, to the public.

Our program's success rate is above 50 percent (efficacy of one year), as compared to other programs with reported success rates of approximately 25-30 percent. According to the FDA nicotine patch labeling instructions, "the success or failure of smoking cessation is influenced by the quality, intensity and frequency of supportive care. Participants are more likely to quit if they are seen frequently and participate in formal smoking cessation programs."

Education

No Ifs, Ands or Butts™ is a six-week program, meeting Thursday evenings from 5:30 to 7:30 p.m.

Education modules include:

- Developing a plan
- Behavioral techniques
- Stress management
- Weight control/exercise
- Staying smoke-free
- Supporting the new nonsmoker

Compliance to the program's curriculum is essential for success.

Program Tuition

The cost of the program is \$70 for six consecutive meetings. This fee is nonrefundable after the second week of class.

At this time, most insurance companies still do not cover smoking cessation programs. While the fee is very reasonable, financial arrangements can be made if financial burden is evident. Some agencies may cover the cost of "nicotine replacement products" with proof that you are attending a smoking cessation program. Please check with your insurance company prior to entering the class.

As a graduate of the program, you are invited to attend any, or all, future classes, for a period of one year following completion of your class session, as a means of continued support.

Use of Stop Smoking Aides

The use of stop smoking aides (i.e., nicotine transdermal patch, nicotine gum, inhaler, nose spray, lozenge or Zyban® [Bupropion] pill) is encouraged and works very well in conjunction with the *No Ifs, Ands or Butts™* program. It is imperative, however, that you discuss the options with your doctor before deciding on a course of action.

It is also important, if you plan to use stop smoking aides along with the *No Ifs, Ands or Butts™* program that you make your decision and obtain the aide of your choice prior to the second meeting. This will ensure you have the necessary "resources" to help you become a happy and successful "ex-smoker."



Enrollment

The program is open to any smoker who is committed to working toward a life without cigarettes, cigars or pipes. Anyone who *honestly wants to quit smoking* is considered for admission. It is not necessary to attempt to stop smoking prior to the start of the class.

For more information and class dates, contact Mercy's *No Ifs, Ands or Butts™* smoking cessation program at:

- *Mercy General Hospital*
916.453.4268
- *Mercy San Juan Medical Center*
916.537.5299