



## VA Butler Healthcare

...providing comprehensive health care  
and support services for America's Veterans



### Benefits of Quitting Tobacco

Good things happen as soon as you quit using tobacco. You will:

- ★ Experience more energy and breathe easier
- ★ Save money that you can spend on other things
- ★ Recognize that your clothes, car, and home smell better
- ★ Enjoy fewer wrinkles, and no stains on your skin and nails
- ★ Discover that food smells and tastes better
- ★ Experience positive feelings about your tobacco-free achievements
- ★ Protect your family members and friends from secondhand smoke

Additionally *did you know*, that within:

- 2 hours** – your heart rate and blood pressure return to normal
- 12 hours** – your carbon monoxide level decreases and blood oxygen increases
- 24 hours** – your risk of heart attack decreases
- 48 hours** – your sense of smell and taste return to normal
- 5 years** – your risk of stroke decreases

**To learn more**, talk to your VA Provider about how to quit tobacco, including getting medication to improve your chances of quitting or ask for a referral to VA's tobacco cessation classes and support groups. You may also contact VA Butler Healthcare's Tobacco Cessation Lead Clinician at 724.287.2738 or VA's Tobacco Cessation Pharmacist at 724.285.2770 for more information.

#### ARMSTRONG COUNTY VA OUTPATIENT CLINIC

Klingensmith Building  
313 Ford Street, Suite 2B  
Ford City, PA 16226  
724.763.4090

#### CLARION COUNTY VA OUTPATIENT CLINIC

AC Valley Medical Center  
855 Route 58, Suite One  
Parker, PA 16049  
724.659.5601

#### CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

Freedom Square  
1183 Freedom Road, Suite A101  
Cranberry Township, PA 16066  
724.741.3131

#### LAWRENCE COUNTY VA OUTPATIENT CLINIC

Ridgewood Professional Centre  
1750 New Butler Road  
New Castle, PA 16101  
724.598.6080

#### MICHAEL A. MARZANO VA OUTPATIENT CLINIC

295 North Kerrwood Drive, Suite 110  
Hermitage, PA 16148  
724.346.1569



## Tobacco Cessation



**Quit for Life...  
Live Tobacco-free!**

VA Butler Healthcare  
325 New Castle Road  
Butler, PA 16001  
800.362.8262  
724.287.4781

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# VA Butler is here to help you!

## Be Tobacco-free

**Tobacco use is the leading preventable cause of premature death.** Quitting tobacco is the single most important thing you can do to improve your health and protect the health of your family members. Tobacco harms nearly every organ of the body, and smoking causes one in five deaths in the United States alone. Using tobacco causes many diseases and affects your overall health – and the risk of cancer death from smoking is twice that of a non-smoker.

**Approximately 70% of all smokers say they want to quit**, but even the most motivated may try to quit five or six times before they are able to be tobacco-free. **Don't give up on quitting!** **Over three million Americans successfully become non-smokers every year...you can too! VA can help you succeed.**

### VA offers Veterans the following tobacco cessation services:

- ★ Screening for tobacco use at primary care visits
- ★ Individual and group counseling and support
- ★ Prescriptions for nicotine replacement therapy (i.e., nicotine patch, gum, or other medications)
- ★ Tobacco cessation (quitting) classes
- ★ Tobacco cessation (quitting) support groups
- ★ Online tobacco cessation support through My HealthVet's *Secure Messaging* (send a *Secure Message* to the tobacco cessation team during quit-attempts for non-urgent questions and free, personalized, and confidential support)
- ★ Telecommunication tools for remote support group interactions

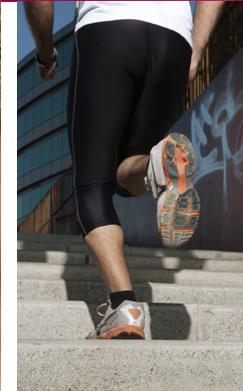
## Web Resources

- [www.myhealth.va.gov](http://www.myhealth.va.gov)
- [www.ucanquit2.org](http://www.ucanquit2.org)
- [www.publichealth.va.gov/smoking/](http://www.publichealth.va.gov/smoking/)
- [www.prevention.va.gov/Be\\_Tobacco\\_Free.asp](http://www.prevention.va.gov/Be_Tobacco_Free.asp)

## VA Butler Healthcare offers Tobacco Cessation Classes

the third Tuesday of each month from 1-2:30pm. The classes are co-led by VA Tobacco Cessation staff and a VA pharmacist. These 90-minute educational classes focus on nicotine addiction, health impact of using and quitting tobacco, quitting tips, how to manage cravings, and different medications and other treatments used at VA for tobacco cessation. Tobacco cessation medications are offered to interested Veterans. (*Veterans do not need to attend class to receive medications.*)

For more information about VA Butler's Tobacco Cessation Class or Support Group, contact VA Butler's Tobacco Cessation Lead Clinician at 724.287.2738 or VA's Tobacco Cessation Pharmacist at 724.285.2770.



## VA Butler also offers Tobacco Cessation Support Groups

the first and third Tuesday of each month from 2:45pm-3:45pm for all Veterans at the main campus in Butler and at participating VA Outpatient Clinics. Veterans located at VA's Outpatient Clinics may participate via Clinical Video Telehealth (CVT), a telecommunications link that allows for instant, confidential interaction between Veterans and the support group physically located at VA Butler Healthcare. (CVT is a confidential webcam and video system technology.)

The tobacco cessation support group provides peer support as well as helpful tips and encouragement to become an ex-tobacco user. While the support group uses a peer-focused approach to quitting tobacco, it also emphasizes each Veteran's unique, individual needs and lifestyle. All Veterans are welcome to attend support group meetings before, during or after a quit-attempt. **VA Butler is here to provide the support you need.**

