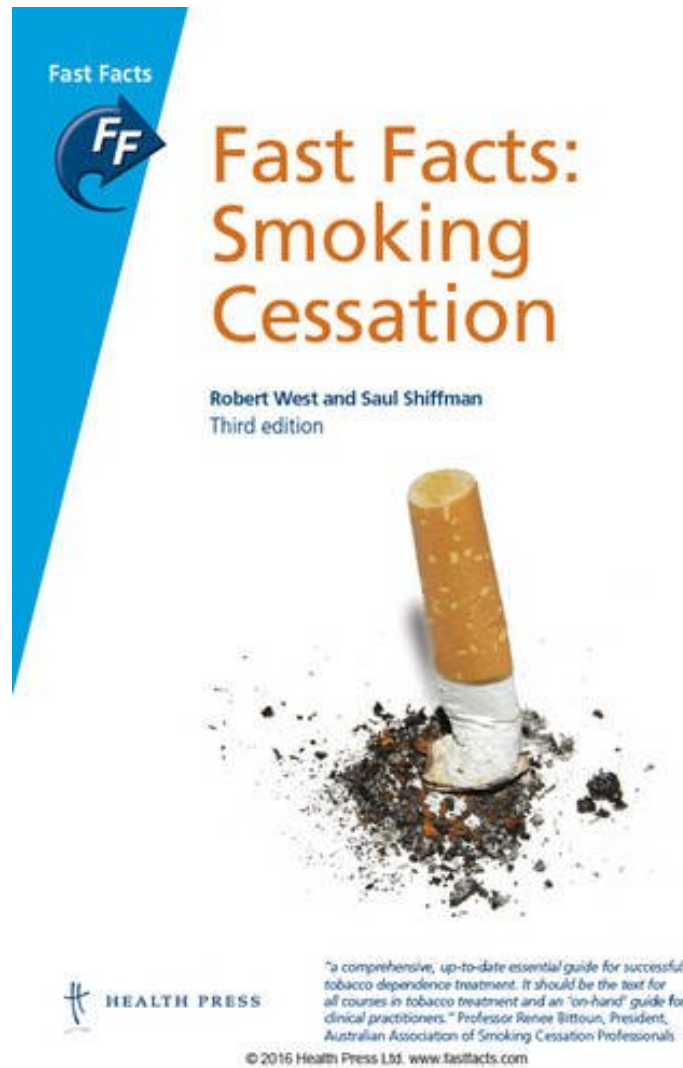


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Fast Facts: Smoking Cessation

Robert West, Saul Shiffman

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Robert West, Saul Shiffman : Fast Facts: Smoking Cessation before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fast Facts: Smoking Cessation:

Cigarette smoking is one of the most significant preventable causes of death and illness in the world. Given the wide-ranging effects smoking has on many disease processes, it is essential that clinicians understand: * the short- and long-term effects of smoking on the body * the benefits of smoking cessation * why smokers find it difficult to stop * the role of clinicians in promoting and supporting smoking cessation * the treatments available to help smokers overcome

their addiction. Fast Facts: Smoking Cessation meets these needs: here, in one place, you will find all the information you need on smoking, tobacco addiction and how best to treat the addiction. Ultimately, the best reason for reading this book is to help your patients who smoke to change their behavior for the better and sustainably. Every GP and support clinic will benefit from this edition, filled with tips, advice and treatment aids for the clinical team.

"This is, quite simply, a terrific little book. Written by two highly respected figures in the field, it is a font of evidence-based wisdom. It should be on the bookshelves of every health professional who counsels smoking cessation". "It is surprising there are not more books like this ... it proffers a starter kit and essential guide for all healthcare providers aiming to help their patients end tobacco dependence." -- Dr Ong Kian Chung, President, COPD Association, Singapore "It should be the text for all courses in tobacco treatment and an 'on-hand' guide for clinical practitioners." -- Professor Renee Bittoun, President, Australian Association of Smoking Cessation Professionals "While brief in nature, the text provides the detail any clinician will need on a daily basis to assist patients in improving health with respect to tobacco-use disorders." -- Dr Stuart Gitlow, President, American Society of Addiction Medicine "This is a very informative book relevant to all health professionals, an easy read with key point summaries and references." -- The Association of Respiratory Nurse Specialists "a quick and brilliant overview of the health risks and psychosocial aspects of smoking" --Professor Charlotta H Pisinger, Research Center for Prevention and Health