

THINKING ABOUT  
QUITTING AND  
NEED HELP?

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TALK TO YOUR  
PHARMACIST!

We offer a pharmacist-assisted  
smoking cessation program



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Dasman Diabetes Institute



أحد مراكز  
Center

مؤسسة الملك فهد للتقدم العلمي  
King Fahd Foundation for the Advancement of Sciences

# HOW YOUR PHARMACIST CAN HELP!

## SERVICES OFFERED

Your pharmacist can help you quit smoking. It doesn't matter if you have tried and failed before. Each time you try to quit you learn something about the best way for you to quit smoking.

## YOUR PHARMACISTS WILL:

- Help you figure out when and why you smoke
- Help you choose the most appropriate smoking cessation aid
- Provide counselling and tools to help you quit
- Arrange a set number of meetings with you for an initial assessment, pre-quit check in, quit date and then provide a certain number of follow-up sessions to help manage any cravings, withdrawal symptoms and provide support



## PROGRAM INCLUDES 5 ONE-ON-ONE SESSIONS WITH THE PHARMACIST:

- One hour assessment session
- 30 minutes to 1 hr pre-quit day check-in
- 30 minutes session within a week post quit day
- 15- 30 minutes session within a month of quit day
- 15 minutes session within 2 months of quit day
- 15 minutes session within 3 months of quit day

\*includes handouts and useful quitting information



## SIMPLE QUITTING TIPS & TRICKS MANAGE CRAVINGS

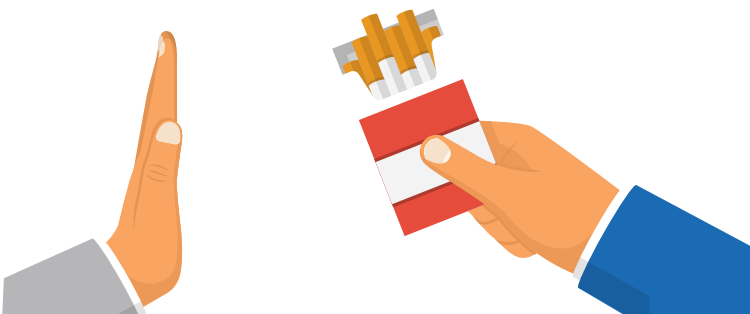
- Chew on a toothpick, gum
- Drink water
- Go for a walk

## STRESS RELIEF

- Take deep breaths
- Be physically active
- Organize days to avoid tension especially around quit day
- Control your environment
- Make smoke-free zones
- Clean and deodorize your home

## SOCIAL SUPPORT

- Remind friends and family that you are quitting and ask for their support
- Give friends and family specific examples of how they can support you
- Enlist a quitting buddy
- Place a picture of a loved one where you kept your cigarettes



## THOUGHT MANAGEMENT/MOTIVATION

- Write a note to yourself with all your reasons for quitting and read it during cravings
- Reward yourself with the money you have saved

## SOCIALIZING

- Prepare and rehearse a standard line for refusing cigarettes



## PHARMACIST & STAFF

The Pharmacy staff is here to help you when you are ready. Even if you don't feel like you can quit now but are thinking about it, we can offer some helpful tips to get you started.

## PHARMACY HOURS

We hold our private counseling sessions on Thursday between 8:00 AM and 2:00 PM. Please talk to our pharmacist to book an appointment today.

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Call **1877877** or  
**22242977** ext. **6051-6052**  
to book an appointment  
with your pharmacist

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## CONTACT US

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