

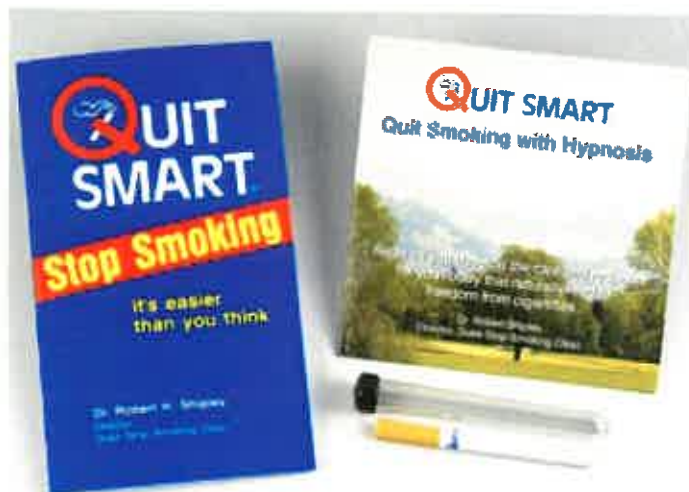
The **QUITSMART™** programme combines powerful treatments to help you break free from cigarettes. These include:

- **Easing off nicotine** - Switch to cigarette brands that deliver less and less nicotine. We call it warm chicken quitting.
- **Stop-smoking medicine** - Choose from seven medicines that can keep you comfortable as you quit.
- **Taking a new look at the patch** - Discover a new way to use nicotine patches that dramatically increases your chance of success.
- **Using your mind to help** - See yourself as a comfortable nonsmoker rather than as a smoker deprived of cigarettes.
- **Using a self-hypnosis CD** - Relax as you develop the respect for your body that naturally leads to freedom from cigarettes.
- **Breaking the smoking habit** - Your smoking habit may be strong, but you can outsmart it with six simple techniques.



## QUITSMART™ Kit

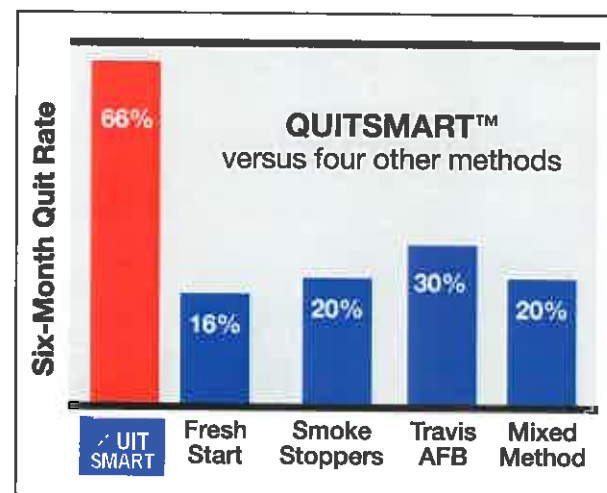
The **QUITSMART™** Kit includes an informative guidebook, a relaxing hypnosis CD and a patented cigarette substitute.



## QUITSMART™ Works

QuitSmart was created by the director of the Duke Stop Smoking Clinic, and is taught by Certified **QUITSMART™** leaders. You are assured of high quality professional help, based on solid research.

In a study at five U.S. Air Force bases, **QUITSMART™** proved more effective than other methods: 66% of **QUITSMART™** participants were still smoke free six months after quitting, compared to 16–30% of those in four other stop-smoking programs.



**QUITSMART™** also produced impressive quit rates in studies published in *Veterans Health System Journal* and *Psychology of Addictive Behaviors*. You can trust **QUITSMART™** to help you quit smoking.

Former participants of the **QUITSMART™** programme have this to say about its success:

The **QUITSMART™** Stop Smoking Kit is easy to use, interactive and informative... I enthusiastically recommend the kit. Dr. Crystal Dunlevy, Respiratory Care

The **QUITSMART™** method has a lot of appeal – it's simple, it's portable, and people can relate to it. It's certainly worked for us in our worksite setting. Bonnie England, RN, Dayville, CT



**QUITSMART™** involves a series of four group sessions in which participants are given the skills to become and remain non-smokers. **QUITSMART™** groups are facilitated by Bermuda Hospitals Board staff trained in the **QUITSMART™** smoking cessation method.

If you are interested in stopping smoking or would like to receive more information about the programme, please call **239-2027** or send an email to **lucinda.robinson@bhb.bm**



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Would YOU like to feel healthier, breathe easier and have more energy?



**Bermuda Hospitals Board**

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