



About Nova Scotia Health's smoke and tobacco reduction policy

<https://libcat.nshealth.ca/en/permalink/chpams36768>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Mental Health and Addictions
Nova Scotia Health Authority. Respiratory Therapy Services
Nova Scotia Health Authority. Occupational Health Safety and Wellness

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (MeSH): Smoking Cessation
Tobacco Use Cessation Devices

Subjects (LCSH): Smoking cessation
Smoking cessation products

Specialty: Hospitals

Abstract: Nova Scotia Health promotes a smoke-free, tobacco-free, and vape-free environment for patients, visitors, and staff. Nova Scotia Health is committed to helping people smoke less, stop smoking, and stay smoke-free. This pamphlet provides information about smudging ceremonies, stopping smoking, referral to Tobacco Free Nova Scotia (TFNS), and what to do if you decide you are ready to try to quit tobacco. Contact information for TFNS and the Stop Smoking Program is provided. The French version of this pamphlet 1548, "Politique de réduction du tabagisme de Santé Nouvelle-Écosse," is also available.

Responsibility: Prepared by: Mental Health & Addictions, Respiratory Therapy, Occupational Health Safety & Wellness

Pamphlet Number: 1547



The Benefits of Quitting Smoking for People with Cancer

<https://libcat.nshealth.ca/en/permalink/chpams37381>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health. Cancer Care Program

Place of Publication: [Halifax, NS]

Publisher: Nova Scotia Cancer Care Program

Date of Publication: 2019

Format: Pamphlet

Language: English

Physical Description: 1 electronic document : digital, PDF file

Subjects (MeSH): Neoplasms - prevention & control
Self Care
Smoking Cessation

Subjects (LCSH): Cancer--Patients
Self-care, Health
Smoking cessation

Specialty: Self Care

Abstract: Lists the benefits of quitting smoking for those with cancer.

Notes: This resource has been adapted from 'The Benefits of Quitting Smoking for People with Cancer' with the permission from Cancer Care Ontario, the Canadian Cancer Society Smokers' Helpline and CancerControl Alberta.

Pamphlet Number: 0067



Break free : directional paper of the National Program to Reduce Tobacco Use in Canada

<https://libcat.nshealth.ca/en/permalink/provcat35181>

Call Number: QV 137 B828 1987

Corporate Author: Health and Welfare Canada. Consultation, Planning and Implementation Committee

Responsibility: [prepared by the Consultation, Planning and Implementation Committee]

Place of Publication: [Ottawa, ON]

Publisher: [Health and Welfare Canada]

Date of Publication: 1987

Physical Description: 28 p. : ill.

Subjects (MeSH): Health Policy
Smoking Cessation
Smoking Reduction
Tobacco Use Disorder - prevention & control

Other Subjects: Canada

Notes: Cover title.

Format: Book

Location: IWK Health Sciences Library

Copies: 1



Disease interrupted : tobacco reduction and cessation

<https://libcat.nshealth.ca/en/permalink/provcat25915>

Call Number: WM 290 D611 2012

Other Authors: Els, Charl
Kunyk,Diane
Selby, Peter

Responsibility: Charl Els, Diane Kunyk, Peter Selby, editors

Place of Publication: [s.l.]

Publisher: CreateSpace Independent Publishing Platform

Date of Publication: 2012

Physical Description: 325 p.

ISBN: 9781467912938

Subjects (MeSH): Nicotine - pharmacology
Smoking - epidemiology
Smoking Cessation
Smoking Cessation Agents
Smoking Cessation Products
Tobacco - adverse effects
Tobacco Use Cessation Devices
Tobacco Use Cessation - methods
Tobacco Use Disorder - prevention & control

Format: Book

Location: Halifax Infirmary
Dickson Building
Nova Scotia Hospital
Yarmouth Regional Hospital

Copies: 4

Loan Period: 3 weeks use



The facts about smoking and heart disease

<https://libcat.nshealth.ca/en/permalink/chpams34803>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Heart Health Resource Team

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2017

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (5 p.) : digital, PDF file

Subjects (MeSH): Smoking
Smoking Cessation
Heart Diseases

Subjects (LCSH): Smoking
Smoking cessation
Heart-Diseases

Specialty: Cardiovascular system

Abstract: This pamphlet explains the risks of tobacco use, most commonly cigarette smoking, on the development of heart disease. Smoking facts, benefits of quitting, and continued effects of not smoking are outlined. Resources to help you quit smoking are listed at the end of the pamphlet. The French version of this pamphlet 1948, "Les faits sur le tabagisme et la maladie du coeur", is also available.

Responsibility: Prepared by: Heart Health Resource Team

Pamphlet Number: 0925



Les faits sur le tabagisme et la maladie du coeur

<https://libcat.nshealth.ca/en/permalink/chpams36512>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Heart Health Resource Team

Alternate Title: The facts about smoking and heart disease

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2017

Format: Pamphlet

Language: French

Physical Description: 1 electronic document (6 p.) : digital, PDF file

Subjects (MeSH): Smoking
Smoking Cessation
Heart Diseases

Subjects (LCSH): Smoking
Smoking cessation
Heart–Diseases

Specialty: Cardiovascular System

Abstract: La brochure explique les risques de l'usage du tabac, plus couramment de la cigarette, sur le développement de la maladie du cœur. On y présente des faits sur le tabagisme et on y traite des bienfaits du renoncement au tabac et des effets continus que procure le fait de ne pas fumer. Des ressources pour vous aider à arrêter de fumer sont proposées à la fin de la brochure.

This is a French translation of the English pamphlet 0019, "The Facts about Smoking and Heart Disease". This pamphlet explains the risks of tobacco use, most commonly cigarette smoking, on the development of heart disease. Smoking facts, benefits of quitting, and continued effects of not smoking are outlined. Resources to help you quit smoking are listed at the end of the pamphlet.

Responsibility: Prepared by: Heart Health Resource Team

Pamphlet Number: 1948



How to use nicotine replacement therapy (NRT)

<https://libcat.nshealth.ca/en/permalink/chpams35482>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Mental Health and Addictions
Nova Scotia Health Authority. Respiratory Therapy Services
Nova Scotia Health Authority. Pharmacy Services
Nova Scotia Health Authority. Occupational Health Safety and Wellness

Alternate Title: How to use NRT

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (MeSH): Smoking Cessation
Tobacco Use Cessation Devices

Subjects (LCSH): Smoking cessation
Smoking cessation products

Abstract: Nova Scotia Health promotes a smoke-free, tobacco-free, and vape-free environment for patients, visitors, and staff. Nova Scotia Health is committed to helping people smoke less, stop smoking, and stay smoke-free. This pamphlet provides information about nicotine replacement therapy options such as the nicotine patch, nicotine gum, nicotine lozenges, and nicotine inhaler.

Responsibility: Prepared by: Mental Health & Addictions, Respiratory Therapy, Pharmacy Services, Occupational Health Safety & Wellness

Pamphlet Number: 2145



It's Never Too Late to Stop Tobacco Use

<https://libcat.nshealth.ca/en/permalink/chpams37379>

Available Online: View Pamphlet
Corporate Author: Nova Scotia Health. Cancer Care Program
Place of Publication: [Halifax, NS]
Publisher: Nova Scotia Cancer Care Program
Date of Publication: 2019
Format: Pamphlet
Language: English
Physical Description: 1 electronic document : digital, PDF file
Subjects (MeSH): Neoplasms - prevention & control
Self Care
Smoking Cessation
Subjects (LCSH): Cancer-Patients
Self-care, Health
Smoking cessation
Specialty: Self Care
Abstract: Identifies how tobacco use can effect cancer, cancer treatment, and other diseases. Lists available supports.
Notes: Adapted from the "Quit smoking to get the best from your cancer treatment" pamphlet with permission from the University Health Network Patient and Caregiver Education Program.
Responsibility: approved by the Nova Scotia Cancer Patient Education Committee
Pamphlet Number: 0065



Playing with fire : wisdom for women who smoke

<https://libcat.nshealth.ca/en/permalink/provcat25258>

Call Number: WM 290 B916p 2004
Author: Bryenton, Betty B.
Place of Publication: Halifax, NS
Publisher: Betty Bryenton
Date of Publication: 2004
Physical Description: 255 p.
ISBN: 9781412034708
Subjects (MeSH): Smoking Cessation - psychology
Women's Health
Format: Book
Location: Nova Scotia Hospital
Loan Period: 3 weeks



Politique de réduction du tabagisme de Santé Nouvelle-Écosse

<https://libcat.nshealth.ca/en/permalink/chpams35483>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Mental Health and Addictions
Nova Scotia Health Authority. Respiratory Therapy Services
Nova Scotia Health Authority. Occupational Health Safety and Wellness

Alternate Title: About Nova Scotia Health's Smoke and Tobacco Reduction Policy

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: French

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (MeSH): Smoking Cessation
Tobacco Use Cessation Products

Subjects (LCSH): Smoking cessation
Smoking cessation products

Specialty: Hospitals

Abstract: Santé Nouvelle-Écosse favorise des milieux sans tabac et sans vapotage pour les patients, les visiteurs et le personnel et veut aider les gens à moins fumer, à cesser de fumer et à demeurer non-fumeurs. Ce dépliant vous donne des renseignements sur les cérémonies de purification par la fumée, l'abandon du tabac et le renvoi à Sans Tabac Nouvelle-Écosse. Il vous donne aussi des conseils au cas où vous décideriez d'essayer de cesser de fumer. Il vous indique aussi comment vous pouvez communiquer avec Sans Tabac Nouvelle-Écosse et le programme d'abandon du tabac.

This pamphlet is a French translation of the English pamphlet 1547, "About Nova Scotia Health's Smoke and Tobacco Reduction Policy". Nova Scotia Health promotes a smoke-free, tobacco-free, and vape-free environment for patients, visitors, and staff. Nova Scotia Health is committed to helping people smoke less, stop smoking, and stay smoke-free. This pamphlet provides information about smudging ceremonies, stopping smoking, referral to Tobacco Free Nova Scotia (TFNS), and what to do if you decide you are ready to try to quit tobacco. Contact information for TFNS and the Stop Smoking Program is provided.

Notes: Previous title: Renseignements et ressources pour les patients hospitalisés, les visiteurs et les employés qui fument : région d'Halifax, de la Côte-Est et de West Hants

Responsibility: Prepared by: Mental Health & Addictions, Respiratory Therapy, Occupational Health, Safety & Wellness

Pamphlet Number: 1548



Quitting smoking to lower your risk of cervical cancer

<https://libcat.nshealth.ca/en/permalink/chpams37302>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Department of Obstetrics and Gynecology. Division of Gynaecologic Oncology

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (9 p.) : digital, PDF file

Subjects (MeSH): Smoking Cessation
Uterine Cervical Neoplasms - prevention & control

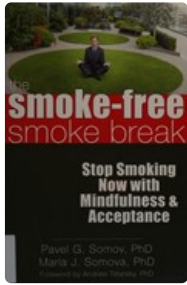
Subjects (LCSH): Smoking cessation
Cervix uteri--Cancer--Prevention

Specialty: Gynecology

Abstract: Cervical cancer is cancer that starts in the cervix. The cervix is the lower part of the uterus (womb) that opens at the top of the vagina. This pamphlet explains how smoking increases your chance of getting cervical cancer, other reasons to quit smoking, what nicotine replacement therapy (NRT) is and how much it will cost, why e-cigarettes are not recommended, medications that are available to help you quit smoking, and other options to quit smoking. Tips for quitting smoking and a list of resources are also provided.

Responsibility: Prepared by: Department of Obstetrics and Gynecology: Division of Gynaecologic Oncology

Pamphlet Number: 2167



The smoke free smoke break : stop smoking now with mindfulness and acceptance

<https://libcat.nshealth.ca/en/permalink/provcat25073>

Call Number: HD 5740 S697s 2011
Author: Somov, Pavel G
Other Authors: Somova, Marla
Place of Publication: Oakland, CA
Publisher: New Harbinger Publications
Date of Publication: 2011
Physical Description: 212 p.
ISBN: 9781608820016
Subjects (MeSH): Mindfulness
Smoking Cessation - psychology
Smoking Cessation - methods
Format: Book
Location: Nova Scotia Hospital
Loan Period: 3 weeks



Smoking Prevention and Cessation

<https://libcat.nshealth.ca/en/permalink/provcat40742>

Available Online: View e-Book
Author: La Torre, Giuseppe
Responsibility: Giuseppe La Torre
Place of Publication: New York, NY
Publisher: Springer
Date of Publication: c2013
Physical Description: 1 online resource (viii, 478 p. : ill.)
ISBN: 9781461470465
9781461470458 (print ed.)
Subjects (MeSH): Smoking Cessation
Smoking Prevention
Tobacco Smoking - adverse effects
Tobacco Use Disorder - therapy

Abstract:

The cravings, the compulsive behaviors, the potential fatal health consequences—once considered relatively harmless, tobacco use is now understood to have addictive properties similar to those of hard drugs. Dependence on tobacco and nicotine from smoking, chewing, or other means affects millions around the world, and for countless people it remains resistant to efforts to quit despite the level of intervention or number of attempts. *Smoking Prevention and Cessation* addresses this longstanding problem on various biological, societal, and psychological fronts. This extensively researched volume traces the mechanics of smoking initiation, nicotine dependence and withdrawal, and motivation to quit. Chapters analyze smoking as a global public health issue, review the epidemiology of smoking-related disease, and evaluate prevention and cessation interventions (pharmacology included) as applied to different settings and populations. The detailed, data-rich presentation gives readers a rounded, realistic understanding of smoking on a worldwide level as the book: Introduces measurement tools for gauging nicotine dependence; Examines the media in tobacco advertising and smoking prevention messages; Analyzes "what works" in prevention approaches; Compares the efficacy of cessation interventions; Pinpoints issues specific to smoking among health professionals and youth; Reviews economic, bioethics, and policy issues related to smoking. Researchers and graduate students in public health, health promotion, behavioral medicine, and smoking cessation will find *Smoking Prevention and Cessation* a unique reference packed with evidence-based insights and practical, workable ideas.

Contents:

1. From nicotine dependence to motivation to stop smoking – 1.1 Introduction: Denial and Delay – 1.2 Tobacco and nicotine – 1.2.1 What is Nicotine? – 1.3 Addiction and Nicotine addiction – 1.4 Nicotine withdrawal – 1.5 How to measure nicotine dependence – 1.5.1 Fagerstrom Tolerance Questionnaire – 1.5.2 Fagerstrom Test for Nicotine Dependence – 1.6 Motivation to stop smoking – 2. State of the art of smoking habits in the world – 2.1 Introduction: the tobacco epidemic – 2.2 Data on incidence, prevalence, by gender, age-groups, ethnic groups – 2.2.1 Tobacco consumption by gender and adults in the six major regions of the world – 2.2.2 Tobacco consumption by adolescents in the six major regions of the world – 2.2.3 Ethnic groups – 2.3 Passive smoking – 2.3.1 Secondhand smoking – 2.3.2 Thirdhand smoking – 3. Smoking-related diseases epidemiology – 3.1 Introduction – 3.2 Cardiovascular diseases – 3.2.1 Coronary Heart Disease – 3.2.2 Hypertension – 3.2.3 Cerebro-Vascular Disease – 3.2.4 Aortic Aneurism – 3.3 Respiratory diseases – 3.3.1 Chronic Obstructive Pulmonary Disease (COPD) – 3.3.2 Chronic Bronchitis – 3.3.3 Emphysema – 3.3.4 Asthma – 3.4 Cancers: main smoking-related cancers – 3.4.1 Lung Cancer – 3.4.2 Cancer of the Larynx – 3.4.3 Cancer of the Oesophagus – 3.4.4 Lower urinary tract – 3.4.5 Pancreatic Cancer – 3.4.6 Stomach Cancer – 3.4.7 Breast Cancer – 3.4 Other diseases – 3.4.1 Acne – 3.4.2 Low Birth Weight – 3.4.3 Sudden Infant Death Syndrome (SIDS) – 3.4.4. Maculopathy – 3.4.5 Smoking related allergy – 3.4.6 Early Menopause – 4. Smoking-related cancer epidemiology – 4.1 Introduction – 4.2 Cancers: main smoking-related cancers – 4.3 Lung Cancer – 4.4 Cancer of the Larynx – 4.5 Cancer of the Esophagus – 4.6 Lower urinary tract – 4.7 Pancreatic Cancer – 4.8 Stomach Cancer – 4.9 Breast Cancer – 5. Classical determinants of smoking initiation – 5.1 Introduction – 5.2 The role of the family – 5.3 The peer – 5.3.1 Peer Socialization – 5.3.2 Peer Selection – 5.4 The society – 5.5 Personal characteristics – 6. Smoking prevention – 6.1 Introduction: Smoking prevention at school –

6.1.1.Data on incidence and prevalence among adolescents – 6.1.2 Smoking prevention interventions at school – 6.1.3 Community interventions – 6.1.4 Evidence-based recommendations and guidelines - - 6.2 Smoking prevention in the workplace: Introduction – 6.2.1 Data on incidence and prevalence among workers – 6.2.2 Workplace interventions for smoking cessation – 6.2.3 Smoking-free workplace legislation – 6.3 Smoke free legislation – 7. Smoking Prevention Through Mass Media Campaigns – 7.1 Mass Media campaigns – 7.1.1 Mass Media campaigns definition – 7.1.2 The use of mass media campaigns in Public Health – 7.1.3 Identifying the target audience – 7.1.4 Characteristics of the message: design, contents, emotional appeal and source – 7.1.5 Dissemination strategy and channelá characteristics – 7.2 Mass Media campaigns in smoking prevention strategies – 7.2.1 Formative research, theory and evaluation – 7.2.2 Audience segmentation – 7.2.3 Message appeal, contents, format and tone – 7.2.4 Channel selection and message placement – 7.3 Overview of the theoretical approaches of tobacco control mass media campaigns – 7.3.1 Input-output persuasion model – 7.3.2 Health beliefs model – 7.3.3 Theory of reasoned action (Theory of planned behavior) - - 7.3.4 Integrative model of behavior change – 7.3.5 Trans-theoretical model (or State of Changes) – 7.3.6 Social learning (cognitive) theory (Bandura A. 1977) – 7.4 Mass Media Campaigns: overview of scientific evidence – 7.4.1 Overview of scientific literature – 7.4.2 Effectiveness, opportunities and shortcomings of mass media campaigns in preventing smoking initiation – 7.4.3 Characteristics of Effective Mass Media Campaigns – 7.4.4 Expert conclusions on Mass Media Public Education Campaigns – 7.4.5 Identified research gaps – 7.5 Mass Media Campaigns: evidence into practice – 7.5.1 Main umbrella organizations involved (e.g.WHO,EU. OECD) – 7.5.2 The World Health Organization – 7.5.3 The European community – 7.5.4 Main National Public Health Agencies, including guidance/best practices delivery agencies – 7.6 Smoking Prevention: Mass Media campaigns worldwide – 7.6.1 Worldwide Mass Media campaigns targeted at general population and at specific demographic groups – 8. How to tackle smoking at the population level – 8.1 The Tobacco free Framework – 8.2 EU legislation on tobacco – 8.3 Package advertising – 9. Smoking among health professionals – 9.1 Introduction – 9.2 Smoking among Medical doctors – 9.3 Smoking Prevalence among Nurses – 9.4 Public awareness about smoking habits among Health Professionals – 9.5 Smoking among health profession students – 10. Basic principles of smoking cessation techniques – 10.1 Introduction – 10.2 Transtheoretical approach Model (TTM) – 10.2.1 Precontemplation – 10.2.2 Contemplation.-10.2.3 Preparation – 10.2.4 Action – 10.2.5 Maintenance – 10.3 What is counseling? – 10.3.1 Counseling for Smoking Cessation – 10.3.2 Administrative aspects of counseling – 10.4 The 5 As and 3As approaches – 10.4.1 5A's – 10.4.2 3A's – 10.5 The evidence of counseling – 10.6 Medication for drug cessation – 10.6.1 First-line medications – 10.6.1.1 Nicotine Replacement Medications – 10.6.1.2 Products not containing Nicotine – 10.6.1.3 The evidence of efficacy of first-line medications – 11. Smoking cessation among different settings – 11.1 Smoking cessation in the general population – 11.2 Smoking cessation in the clinical setting – 11.3 Smoking cessation in the workplace – 11.4 Smoking cessation among healthcare professionals – 11.4.1 Introduction – 11.4.2 The key role of health care providers in smoking cessation – 11.4.3 Prevalence of tobacco consumption among health care professionals – 11.4.4 Implementation of smoking cessation strategies: a review of current

scientific literature – 11.4.5 Compared efficacy of various smoking cessation interventions – 11.4.6 Conclusions – 12. Media and Smoking Cessation – 12.1 Introduction – 12.2 The Allen Carr book on "How to quit smoking" – 12.3 Information on the Web – 12.4 Web-based courses – 13. Ethical aspects of tobacco smoking – 13.1 Tobacco-smoking and public awareness : What Are the Risks? – 13.1.1 Tobacco is not just killing smokers – 13.1.2 Do Smokers Voluntarily Accept the Risks? – 13.2 Individual rights – 13.2.1 Types and importance of individual rights: public health and other perspectives – 13.2.2 Human Rights – 13.2.3 Assumption: the Concept of "Public Health" – 13.3 Bioethical basis for global tobacco control – 13.3.1 Principles of bioethics – 13.3.2 Political outcomes – 13.3.3 Legal Paternalism, Nanny-statism, and the Defense of Public Health against Environmental Tobacco Smoke – 13.3.4 Social action: Is there a 'right' to advertise? – 13.3.5 Tobacco taxation and public health: ethical problems, policy responses – 13.3.6 Restrictions on smoking in public places – 13.3.7 Education, information and physician's responsibility in promoting the patient's health in the community, strongly supported by ethical arguments grounded in medical professionalism – 13.4 Burden of disease attributable to tobacco use and Tobacco-related costs – 14. Economic issues related to tobacco smoking – 14.1 Production and supply of tobacco products – 14.1.1 Growing and manufacturing tobacco – 14.1.2 The costs of production – 14.1.3 Tobacco growing and manufacturing external effects – 14.1.4 Production policies – 14.2 Selling strategies and demand of tobacco products – 14.2.1 Models of demand for tobacco products – 14.2.2 Imperfectly rational addiction models – 14.2.3 Myopic rational addiction models – 14.2.4 Rational addiction – 14.2.5 Behavioral models – 14.2.6 Policy issues: prices, taxation and incentives – 14.2.7 Advertising – 14.2.8 Market diversification and emerging markets – 14.3 Caring for smoking related illnesses.

Format: e-Book
Location: Online



Smoking relapse prevention : among pregnant & postpartum women

<https://libcat.nshealth.ca/en/permalink/provcat38019>

Call Number: WQ 175 K97 1997 RES
Author: Kuhn, Marilyn
Other Authors: Edwards, Nancy
Other Authors: Community Health Research Unit
Responsibility: Marilyn Kuhn, Nancy Edwards
Alternate Title: Resource review
Place of Publication: Ottawa, ON
Publisher: Community Health Research Unit
Date of Publication: 1997
Physical Description: 20 p.
Subjects (MeSH): Pregnancy
Prenatal Care
Secondary Prevention
Smoking
Smoking Cessation
Women's Health
Format: Book
Location: IWK Health Sciences Library
Sub-Location: RESERVE
Copies: 1



Tools for advancing tobacco control in the XXIst century : policy recommendations for smoking cessation and treatment of tobacco dependence

<https://libcat.nshealth.ca/en/permalink/provcat21674>

Call Number: WM 290 P766p 2003
Corporate Author: Tobacco Free Initiative (World Health Organization)
Place of Publication: Geneva, Switzerland
Publisher: World Health Organization
Date of Publication: 2003
Physical Description: xxxi, 76 p. : ill.
ISBN: 9789241562409
9241562404
Subjects (MeSH): Health Policy
International Cooperation
Smoke-Free Policy
Smoking Cessation - methods
Tobacco Use Disorder - therapy
Notes: Based on recommendations from a WHO meeting on global policy for smoking cessation, held in Moscow, 14-15 June 2002.
Format: Book
Location: Nova Scotia Hospital
Loan Period: 3 weeks



What Happens to Your Body When You Quit Smoking

<https://libcat.nshealth.ca/en/permalink/chpams37380>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health. Cancer Care Program

Place of Publication: [Halifax, NS]

Publisher: Nova Scotia Cancer Care Program

Date of Publication: 2019

Format: Pamphlet

Language: English

Physical Description: 1 electronic document : digital, PDF file

Subjects (MeSH): Neoplasms - prevention & control
Self Care
Smoking Cessation

Subjects (LCSH): Cancer-Patients
Self-care, Health
Smoking cessation

Specialty: Self Care

Abstract: [POSTER] Lists the changes in your body after you quit smoking. It includes intervals of minutes, hours, and years.

Notes: This resource has been adapted from William Osler Health System, Central West CCAC.

Pamphlet Number: 0066