



Penn Medicine

# SMOKING TREATMENT

COMPREHENSIVE SMOKING  
TREATMENT PROGRAM



## WHO ARE WE?

Our team at the Comprehensive Smoking Treatment Program consists of health care professionals from several areas of medicine, including pulmonary medicine, public health and social work – all of whom are highly experienced leaders in the field of smoking cessation. Along with our expertise in the treatment of tobacco dependence, we share a common philosophy that smokers deserve treatment that is both supportive and compassionate, without guilt or pressure.

We have helped hundreds of patients quit smoking successfully by designing a treatment plan that meets their individual needs. Our positive, personalized approach has proven effective for even the most severely addicted smokers, including those who have struggled during previous quit attempts or relapsed after long periods of abstinence.

It is not uncommon for patients to feel frustrated by their unique quitting experience. We maintain a positive environment that does not rely on fear or shame to motivate smokers to quit. We work alongside our patients for as long as it takes.

## How are we different?

The fundamental difference between the way we address smoking and the way it has been thought about in the past is that we treat it as a medical condition that needs to be controlled, just like asthma or diabetes.

- We will not make you feel ashamed about smoking.
- We will not frighten you into quitting.
- We will not rely on gimmicks for treatment.
- We do not expect you to quit smoking at your first appointment.

## What to Expect at Your First Appointment

- Undergo an initial evaluation and management visit with a physician.
- Work with a physician to develop a quit plan tailored to your specific needs.
- Learn about the medication available to control cravings.
- Meet with a counselor to focus on stress reduction or weight control, if appropriate.
- Schedule follow-up visits based on your needs.

We will collaborate with you every step of the way to find the right combination of treatments to empower you to quit, safely and comfortably.

“I’ve done acupuncture, hypnosis and stop smoking programs, but the only thing that ever worked for me was Penn’s Comprehensive Smoking Treatment Program because it was one-on-one coaching. It was someone cheering for me saying ‘I believe in you, and I will stay with you until the end.’ I believed in myself because they believed in me.”

– Chrissa, 47, former smoker





## OUR TEAM

**Frank T. Leone, MD, MS**

Director

**Sarah Evers-Casey, MPH, MTTS**

Associate Director

**Jody Nicoloso, MTTS**

Project Coordinator

**Anil Vachani, MD, MSCE**

Program Faculty

## LOCATIONS

**Harron Lung Center**

Penn Medicine at University City

3737 Market Street

10th Floor

Philadelphia, PA 19104

**Perelman Center for Advanced Medicine**

3400 Civic Center Boulevard

West Pavilion, First Floor

Philadelphia, PA 19104

**FOR MORE INFORMATION** or to schedule an appointment,  
please call **888.PENN.STOP (888.736.6786)**.



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