Did You Know...?

- Patients who are smoking at the time of surgery have an increased risk of surgical complications which may result in:
  - Longer hospital stays
  - Higher rates of intensive care unit admissions
  - Greater need for repeat surgery
  - Inferior long-term outcomes

- Even brief preoperative smoking cessation can substantially reduce the risk of complications

- Even minimal cigarettes per day can increase a person’s chances of getting cancer

- Tobacco is the leading avoidable cause of cancer and accounts for 30% of cancer deaths in the United States

- Tobacco smoke has been found to cause health problems to almost all parts of the body and is associated with other diseases such as heart disease, stroke, emphysema, and bronchitis

Contact Us

If you continue to smoke until the time of surgery, there is the possibility that your surgery may be postponed. **We recommend a quit date at least 2 weeks before your surgery.**

If you’re interested in making an appointment with a tobacco cessation specialist, please contact us for an appointment! When you schedule an appointment, we will mail you an enrollment packet that includes a self-assessment form. Please fill out the form and bring it with you to your first appointment.

Certified Tobacco Treatment Specialists:

Chuck Rowland, MSN, CRNP, CTTS
Sung Whang, MSN, CRNP, CTTS

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Who We Are
The program for Smoking Cessation, Counseling, and Therapy (SCCT) is an outpatient program offered by the Division of Cardiothoracic Surgery in the Department of Surgery. SCCT is directed and supervised by a team of physicians and certified registered nurse practitioners.

Our Mission
The SCCT Program provides evidence-based interventions for tobacco dependence to patients seeking surgical treatment for a wide variety of cardiac and thoracic conditions. Our providers offer assessment, counseling, treatment planning, pharmacotherapy, relapse prevention strategies and evaluation. Staff members track patient progress and measure outcomes while maintaining strict confidentiality outlined by HIPAA, institutional policies and ethical guidelines in tobacco dependence treatment.

How We Can Help
We developed this program at Jefferson to help you quit smoking before your surgery and to provide continued support after your procedure.

We provide:
• Individual counseling sessions before surgery with a certified tobacco treatment specialist (CTTS)
• Nicotine and non-nicotine replacement therapy prescriptions and guidance
• Continued support for up to 1 year following your surgery

Don’t Wait! Quitting Now Can...

Decrease your heart rate and blood pressure to near normal levels
2 hours

Decrease the carbon monoxide level and increase the oxygen level in your body
12 hours

Improve your sense of smell and taste
48 hours

Increase your physical stamina
3 weeks

Repair the lining of your lungs
4 weeks

Reduce your risk of heart disease by 50%
12 months

Reduce your risk of oral and esophageal cancer by 50%
5 years

Reduce your risk of stroke to that of a non-smoker
5-15 years

Reduce your risk of bladder, kidney, and pancreatic cancer
10 years

Reduce your risk of lung cancer by up to 50%
>10 years

Reduce your risk of heart disease to rate of a non-smoker
15 years

Increase your life expectancy by up to 14 years
15 + years