

WEBVTT

NOTE duration:"00:02:18.1120000"

NOTE language:en-us

NOTE Confidence: 0.8749264

00:00:06.090 --> 00:00:07.140 Smoking is an

NOTE Confidence: 0.8749264

00:00:07.140 --> 00:00:08.880 addiction. Tobacco is a drug.

NOTE Confidence: 0.8749264

00:00:08.880 --> 00:00:10.268 People become addicted to.

NOTE Confidence: 0.8749264

00:00:10.268 --> 00:00:12.720 It is the hardest addiction to quit.

NOTE Confidence: 0.8749264

00:00:12.720 --> 00:00:14.808 You have a physical dependence on

NOTE Confidence: 0.8749264

00:00:14.808 --> 00:00:16.970 the nicotine on the drug where

NOTE Confidence: 0.8749264

00:00:16.970 --> 00:00:19.058 your body will go into withdrawal

NOTE Confidence: 0.8749264

00:00:19.058 --> 00:00:21.100 when you don't have the drug.

NOTE Confidence: 0.8812675

00:00:25.800 --> 00:00:28.098 We have a 2 prong approach.

NOTE Confidence: 0.8812675

00:00:28.100 --> 00:00:30.788 On the one hand we use medication.

NOTE Confidence: 0.8812675

00:00:30.790 --> 00:00:32.538 There are different pharmaco

NOTE Confidence: 0.8812675

00:00:32.538 --> 00:00:35.603 therapies that can be used to help

NOTE Confidence: 0.8812675

00:00:35.603 --> 00:00:38.137 with quitting and on the other hand

NOTE Confidence: 0.8812675

00:00:38.137 --> 00:00:40.010 we also do a counseling service.

NOTE Confidence: 0.88370377

00:00:45.020 --> 00:00:46.850 It actually is one of the

NOTE Confidence: 0.88370377

00:00:46.850 --> 00:00:48.530 best things you can do for

NOTE Confidence: 0.88370377

00:00:48.605 --> 00:00:51.407 your outcomes in your cancer treatments.

NOTE Confidence: 0.88370377

00:00:51.410 --> 00:00:53.895 Everything goes better as a non smoker.

NOTE Confidence: 0.88370377

00:00:53.900 --> 00:00:55.670 You will have fewer side

NOTE Confidence: 0.88370377

00:00:55.670 --> 00:00:57.086 effects from the treatments.

NOTE Confidence: 0.88370377

00:00:57.090 --> 00:00:59.220 You will have better effect the

NOTE Confidence: 0.88370377

00:00:59.220 --> 00:01:00.366 chemotherapy, the radiation.

NOTE Confidence: 0.88370377

00:01:00.366 --> 00:01:03.117 It's all more effective as a non

NOTE Confidence: 0.88370377

00:01:03.117 --> 00:01:05.560 smoker and you will have if you

NOTE Confidence: 0.88370377

00:01:05.560 --> 00:01:07.931 have to have surgery your body will

NOTE Confidence: 0.88370377

00:01:07.931 --> 00:01:10.227 heal better as a result of not

NOTE Confidence: 0.88370377

00:01:10.230 --> 00:01:12.558 smoking and once you've gotten through

NOTE Confidence: 0.88370377

00:01:12.558 --> 00:01:14.210 your cancer treatments. It's one

NOTE Confidence: 0.90313596

00:01:14.210 --> 00:01:16.100 of the best things you can do to prevent

NOTE Confidence: 0.90313596

00:01:16.100 --> 00:01:18.306 a relapse or a recurrence of your cancer.
NOTE Confidence: 0.8619272

00:01:23.480 --> 00:01:25.310 I have worked with patients who
NOTE Confidence: 0.8619272

00:01:25.310 --> 00:01:27.254 have started an from the very
NOTE Confidence: 0.8619272

00:01:27.254 --> 00:01:28.806 beginning through Tele Health.
NOTE Confidence: 0.8619272

00:01:28.810 --> 00:01:29.851 Oftentimes it's telephone.
NOTE Confidence: 0.8619272

00:01:29.851 --> 00:01:32.280 We do video and we would like
NOTE Confidence: 0.8619272

00:01:32.343 --> 00:01:34.137 to work with people on video,
NOTE Confidence: 0.8619272

00:01:34.140 --> 00:01:36.464 but if it has to be telephone,
NOTE Confidence: 0.8619272

00:01:36.470 --> 00:01:38.794 we've started with people on the telephone.
NOTE Confidence: 0.8619272

00:01:38.800 --> 00:01:41.278 We've gone all the way through the
NOTE Confidence: 0.8619272

00:01:41.278 --> 00:01:43.325 counseling and working with the people
NOTE Confidence: 0.8619272

00:01:43.325 --> 00:01:45.460 and they've quit all some of them
NOTE Confidence: 0.8619272

00:01:45.460 --> 00:01:46.788 all over the telephone.
NOTE Confidence: 0.88917667

00:01:52.060 --> 00:01:54.118 It's never too late to quit.
NOTE Confidence: 0.88917667

00:01:54.120 --> 00:01:56.395 I've had people in their 70s who've
NOTE Confidence: 0.88917667

00:01:56.395 --> 00:01:59.093 quit after 50 years and tell me they

NOTE Confidence: 0.88917667

00:01:59.093 --> 00:02:01.191 wish they'd done it decades earlier

NOTE Confidence: 0.88917667

00:02:01.191 --> 00:02:03.405 because of how great they feel,

NOTE Confidence: 0.88917667

00:02:03.410 --> 00:02:05.818 so it's never too late to quit.

NOTE Confidence: 0.88917667

00:02:05.820 --> 00:02:07.645 The benefits are immediate and

NOTE Confidence: 0.88917667

00:02:07.645 --> 00:02:09.105 they accumulate overtime and

NOTE Confidence: 0.88917667

00:02:09.105 --> 00:02:10.640 you will feel the difference.