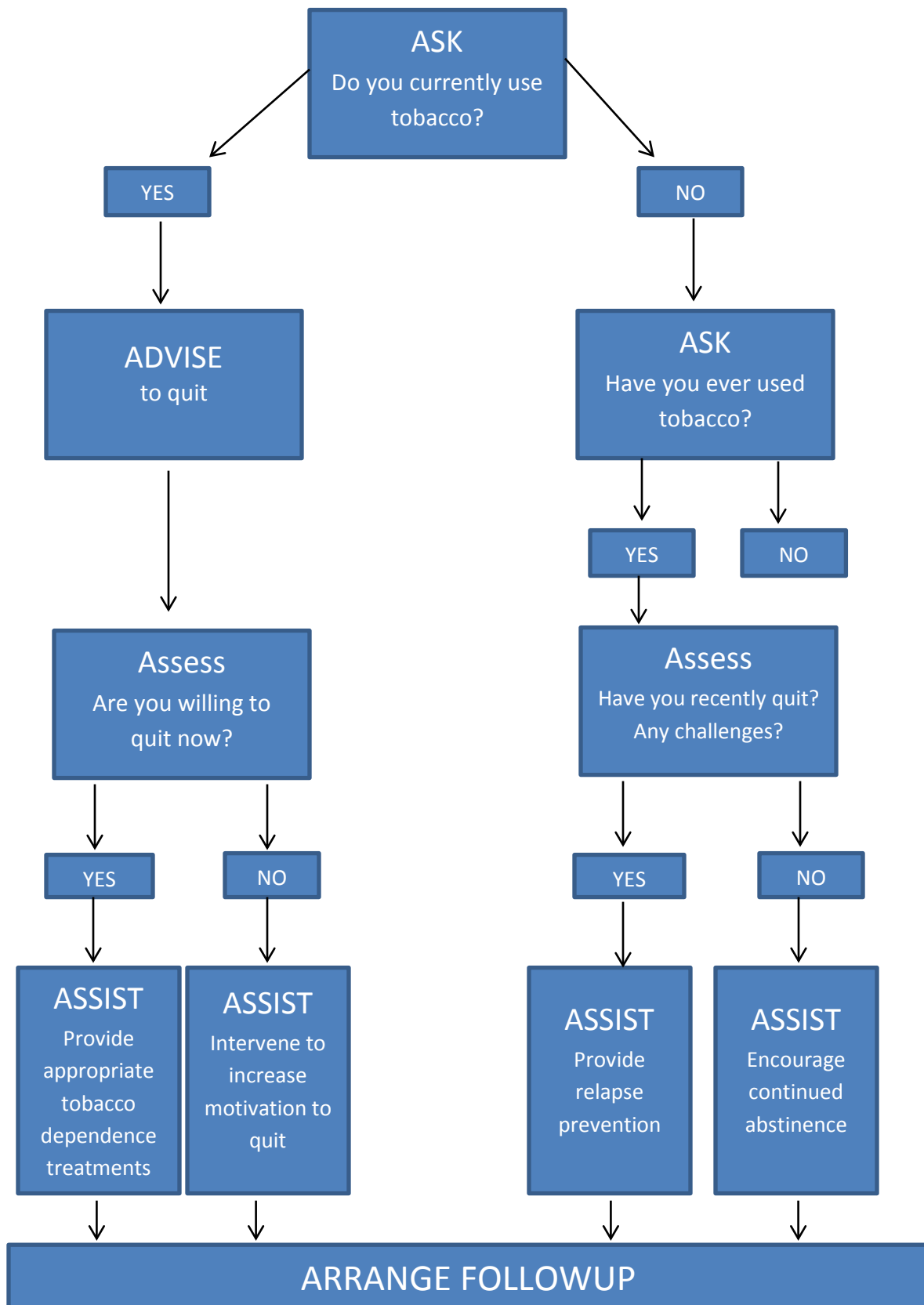


The "5 A's": Treating Tobacco Dependence as a Chronic Disease



THE “5 A’S MODEL FOR TREATING TOBACCO USE AND DEPENDENCE

Ask about tobacco use	Identify and document tobacco use status of every patient at every visit.
Advise to quit	In a clear, strong and personalized manner urge every tobacco user to quit.
Assess	For current tobacco user, is the tobacco user willing to make a quit attempt at this time? For the ex-tobacco user, how recent did you quit and are there any challenges to remaining abstinent?
Assist	For the patient willing to make a quit attempt, offer medication and provide or refer for counseling or additional behavioral treatment to help the patient quit. For patients unwilling to quit at this time, provide motivational interventions designed to increase future quit attempts. For the recent quitter and any with remaining challenges, provide relapse prevention.
Arrange	All those receiving the previous A’s should receive follow-up.