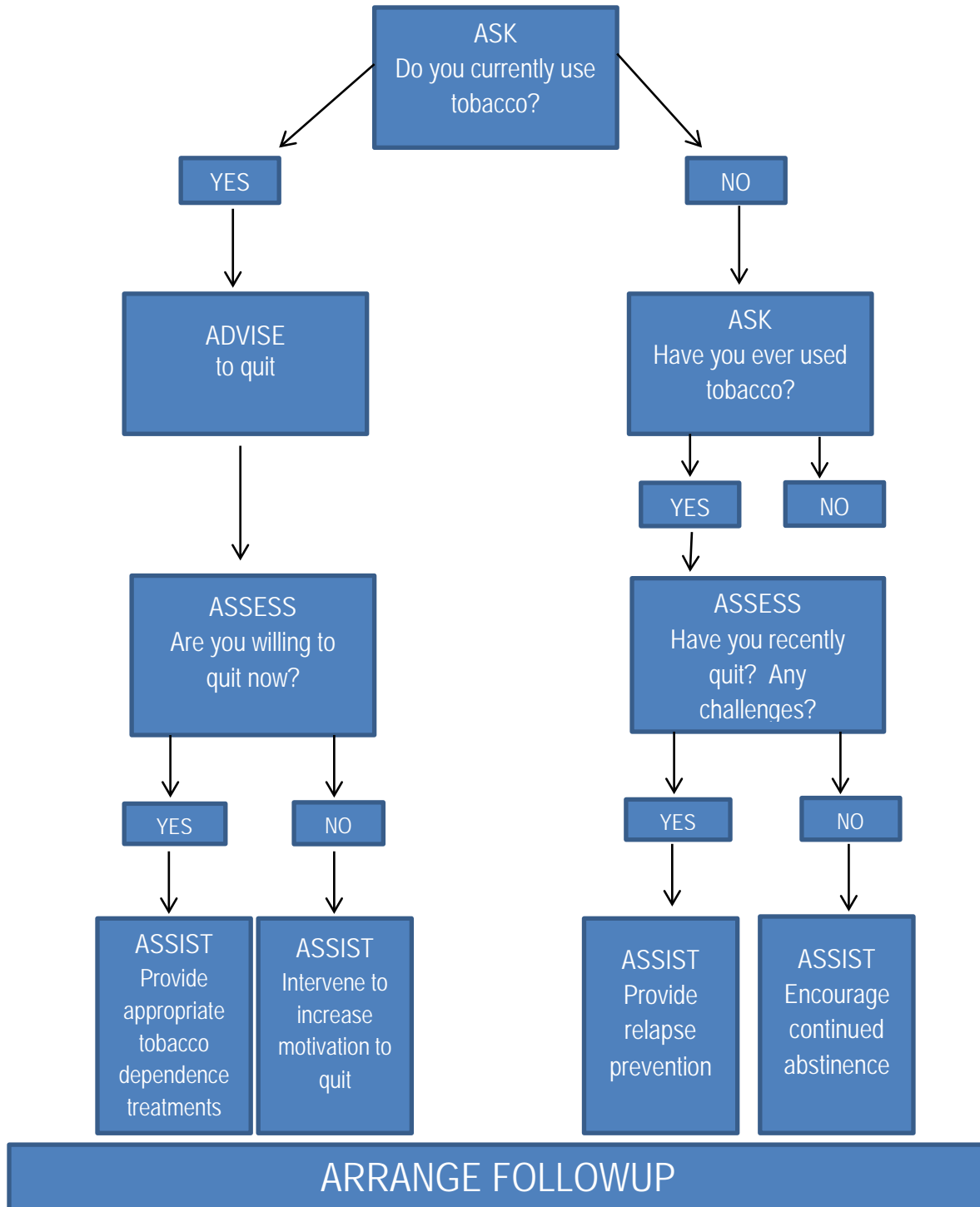


# The 5 A's: Treating Tobacco Dependence as a Chronic Disease



<b>Ask</b> about tobacco use	Identify and document tobacco use status of every patient at every visit.
<b>Advise</b> to quit	In a clear, strong and personalized manner urge every tobacco user to quit.
<b>Assess</b>	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?
<b>Assist</b>	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.
<b>Arrange</b>	All those receiving the previous A's should receive follow-up.

Fiore MC, Jaen CR, Baker TB, et al. *Treating Tobacco Use and Dependence: 2008 Update*. Clinical Practice Guideline. Rockville, MD: U.S. Dept. of Health and Human Services, Public Health Service. May 2008