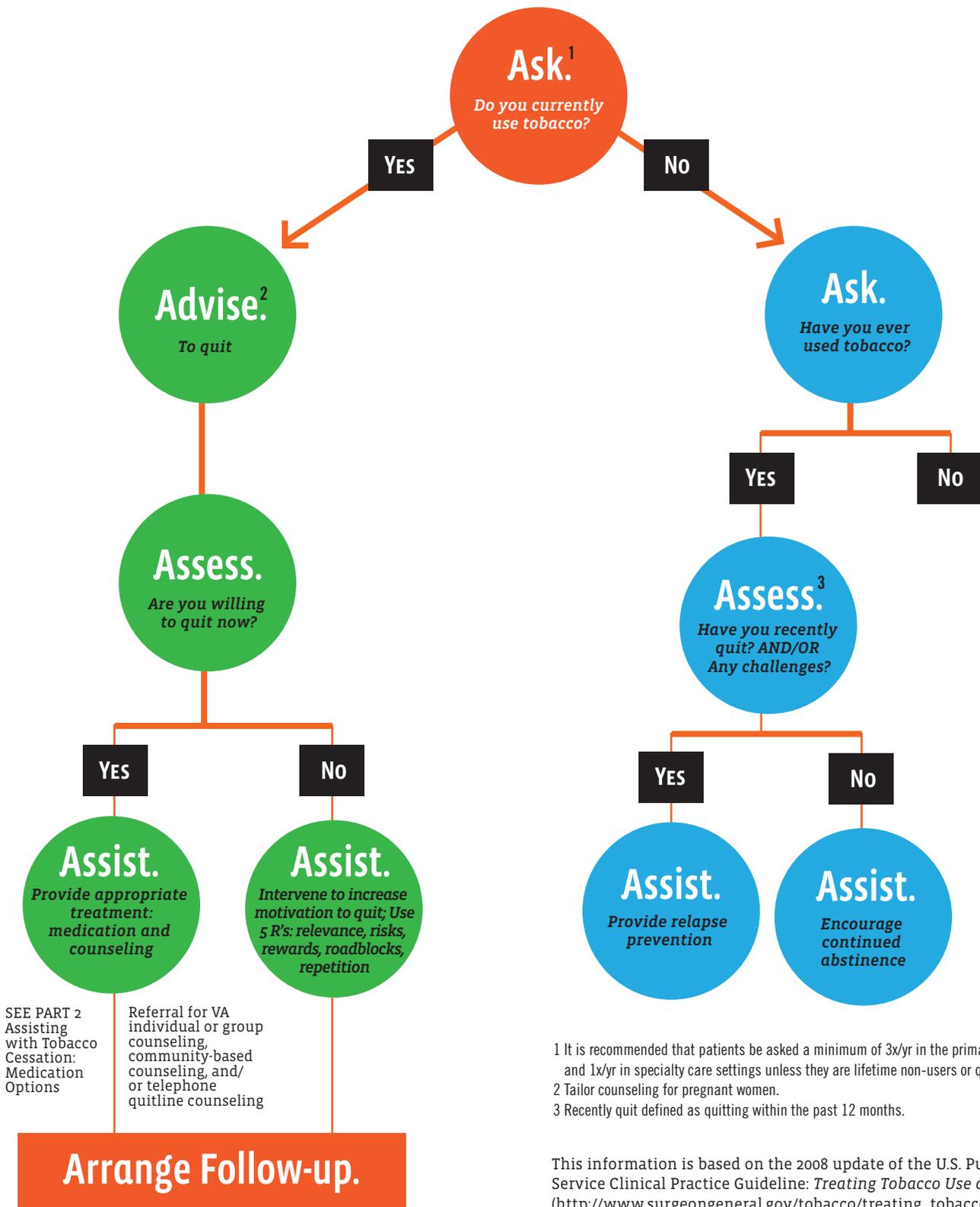


VHA TOBACCO USE CESSATION TREATMENT GUIDANCE

Part 1: "The 5 A's" (Ask, Advise, Assess, Assist, Arrange)



SEE PART 2
Assisting
with Tobacco
Cessation:
Medication
Options

Referral for VA
individual or group
counseling,
community-based
counseling, and/
or telephone
quitline counseling

1 It is recommended that patients be asked a minimum of 3x/yr in the primary care setting and 1x/yr in specialty care settings unless they are lifetime non-users or quit >7 years ago.
2 Tailor counseling for pregnant women.
3 Recently quit defined as quitting within the past 12 months.

This information is based on the 2008 update of the U.S. Public Health Service Clinical Practice Guideline: *Treating Tobacco Use and Dependence* (http://www.surgeongeneral.gov/tobacco/treating_tobacco_use08/pdf).