

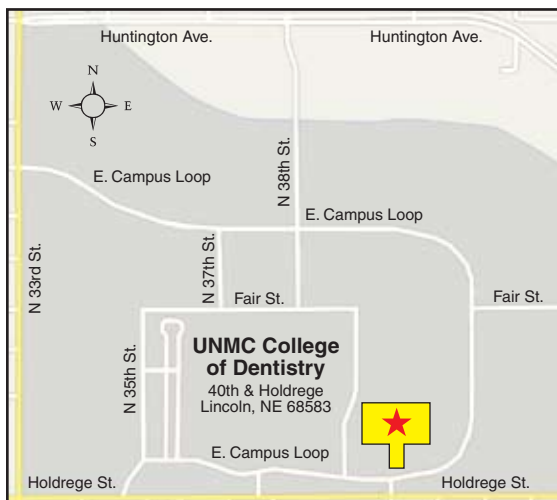
TOBACCO CESSATION CLINIC

Clinic Faculty:

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For more information or to make an appointment
please call (402) 472-1958.



University of Nebraska Medical Center College of Dentistry



Tobacco Cessation Clinic

THE CLINIC

The Tobacco Cessation Clinic at the University of Nebraska Medical Center College of Dentistry provides individual counseling and personal follow-up for those who wish to stop smoking or stop using any form of tobacco.

Individuals may refer themselves to the clinic or be referred by their dentist, dental hygienist, physician, nurse or other health care professional.

Questionnaires regarding tobacco use history, nicotine dependence, motivation, and self-assessment are sent to an individual before the first appointment.

Clients are treated using a combination of drug therapy and one-on-one counseling at the clinic. Each session lasts approximately 30 minutes. Those individuals who do not achieve success within the seven-week course of drug therapy are provided a prescription for an additional five weeks of treatment.

TREATMENT

A counselor will help the individual set up their own “customized” treatment plan, as well as discuss behavioral modification strategies. Possible drug therapy options include monitored use of FDA-approved tobacco cessation pharmaceutical agents such as nicotine gum, patches, nasal spray, inhaler, Zyban or various combinations prescribed by a tobacco cessation counselor.

SESSIONS

The first session includes a review of the patient’s medical history and a comprehensive interview and assessment of the patient’s nicotine dependence and motivation to quit using tobacco. During this session a quit date will be set. Pharmacologic therapy will also be prescribed.

During the second session behavioral modification intervention is performed by a specialist in this field. Behavioral modification strategies include coping skills, individualized quitting techniques, and support networks.

At the third session a follow-up plan is carried out, along with teeth cleaning and prophylaxis if the individual is an assigned patient of a student doctor at the UNMC College of Dentistry.

FOLLOW-UP

The tobacco cessation clinic provides personal long-term follow-up. This may include phone calls and additional counseling sessions if needed.

FEEES

Cost of the treatment is \$66 total, payable at the first visit for patients who are seen in the pre-doctoral clinics. We accept payment by cash, check, or credit card. The \$66 fee does not include the cost of the medication.

