

A GUIDE FOR CLINICIANS

Quitting smoking is the most important thing a smoker can do to protect their health.

The 5 A's are an easy and efficient way to offer brief tobacco treatment interventions to your patients. Even brief treatment is effective and should be offered to every patient who uses tobacco at every visit.

1. **ASK** about tobacco use at every visit.
2. **ADVISE** tobacco users to quit.
3. **ASSESS** patient's readiness to quit.
4. **ASSIST** tobacco users create a quit plan.
5. **ARRANGE** follow-up visits.

If relapse occurs repeat the process without judgment or disapproval.