

Preventive and Promotive Aspects

:Health Education .1

Increase awareness about the harmful effects of smoking (lung .(cancer, heart disease, stroke

:Behavioral Support .2

:A's 5

– Ask – Advise – Assess – Assist
Arrange

:Pharmacological Support .3

Nicotine replacement therapy
(patches, gums, lozenges)

:Community Programs .4

Campaigns in schools, workplaces
and youth centers

Smoking Cessation* *in* *Primary Health



What is Smoking Cessation?

Smoking cessation means
quitting the use of all tobacco
products to improve health and
prevent disease

It is one of the most important
public health goals worldwide

Relevance to Primary Health Care

• Early screening for tobacco use

• Providing counseling and

• motivation to quit

• Offering preventive education in

• the community

• Follow-up support to prevent

relapse



Examples from Egyptian PHC*

***Programs**

National Anti-Smoking
Campaigns by the Ministry of

Health and Population

PHC clinics provide smoking
cessation counseling as part

of routine visits

Health education sessions in
family health units and

schools

