

Thursday, August 3, 2017

Tuesdays, starting Aug. 22

UGA College of Pharmacy helps ‘beat the pack’ with cessation program

Athens, Ga. – Despite the decline of cigarette smoking and tobacco use, statistics are still staggering. According to the American Lung Association, 16 percent of Americans use tobacco products, which costs the nation \$333 billion annually in health care expenses and lost productivity. Even more alarming: more than 16 million people live with smoking-related diseases, and tobacco use is attributed to almost half a million deaths per year in our country.

In order to remedy this critical health concern, the University of Georgia College of Pharmacy will offer a six-week Beat the Pack Tobacco Cessation Program on Tuesdays, starting Aug 22. The class will be held from 5:30-6:45 p.m. in the community room of the Athens-Clarke County Firehouse #7, which is located at 2350 Barnett Shoals Road in Athens. According to the lead instructor, Kay Brooks, an associate director in the College of Pharmacy’s Experience Programs, the class is free; however, “Attendees should be committed to participating.”

“Throughout the cessation course, we will provide attendees with the tools they need to quit their tobacco habit,” said Brooks. “According to the Center for Disease Control, seven out of 10 smokers and tobacco chewers want to quit; they just don’t how to do so. While we can’t force attendees to quit using tobacco products, we hope we will lead them towards making that important health decision for themselves and their loved ones.”

Along with Brooks, trained pharmacy students will provide group programming and individualized coaching, while helping attendees develop a personalized “quit” plan. In addition, each six-week session will focus on tobacco-use issues, such as health risks, reasons to quit, cessation aids, coping with the urges to use tobacco, handling relapses and maintenance.

Persons interested in further information and registration for the Beat the Pack Cessation Program may contact the College of Pharmacy at 706-542-3893 or email monicaw@uga.edu. See the website: http://rx.uga.edu/index.php/tobacco_cessation

###

Writer: **Mickey Yongue Montevideo**, 706-542-5303, mickeym@uga.edu
Contact: **Kay Brooks**, 706-542-5328, klbrooks@uga.edu