

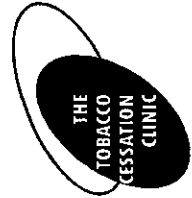
Your professional staff

Daniel F. Seidman, PhD is the Co-founder and Clinical Director of the Tobacco Cessation Clinic. He is a clinical psychologist specializing in the treatment of tobacco dependence. He is also Director of smoking cessation services at the Columbia University Behavioral Medicine Program.

Randolph C. Barrows, MD is Assistant Professor of Clinical Medicine and Medical Informatics, and a medical internist with a special interest and expertise in tobacco cessation.

Cheryl Ragonesi, CSW is a certified social worker with a special interest in tobacco cessation and community outreach.

Martin Ovalles, BS is a clinic assistant and Spanish language interpreter with a special interest in Latino health issues.

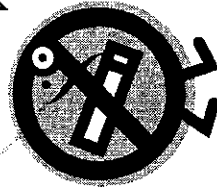


Call for an appointment
212.939.6000 or 212.939.6007

**THE
TOBACCO
CESSATION
CLINIC**

Call for an appointment
212.939.6000 or 212.939.6007

¡Hablamos español!



**THE
TOBACCO
CESSATION
CLINIC**

Have you tried to
stop smoking but
you just can't quit?

- Let us help you quit now
and breathe easy •

Call for an appointment
212.939.6000 or 212.939.6007

You want to stop because...

You know smoking is bad for your health and can lead to premature death

Your loved ones want you to stop

You want to feel stronger and healthier

You don't want your kids and other loved ones to smoke

And you've tried to quit before but...

You gained weight and went back to Smoking

Cold-turkey just didn't work

The patch and gum didn't do the trick

We can help!

Our unique approach to Become Tobacco Free

At the Tobacco Cessation Clinic, we use a unique approach to help you quit.

First, your situation is thoroughly evaluated by our multidisciplinary team of healthcare professionals.

Then we design an individual plan to quit smoking just for you. The plan typically requires 8-12 weekly sessions.

Once you are tobacco-free, you will have the aid of our ongoing support groups.



Call for an appointment
212.939.6000 or 212.939.6007
Partial funding by American Legacy Foundation

Major components of the Tobacco Cessation Clinic:

A program individualized just for you

Multi-disciplinary team of healthcare professionals to assist you

Individual and group sessions

Specialized help available for adolescents, elderly, and smokers with psychiatric illness

Option to pay at the time of service or by insurance (Medicaid and Medicare)

Preparation for a tobacco-free future

Counseling and Medication make it easier to quit and stay tobacco-free