

Guidance on smoking cessation service for outpatients in our clinic

What is the smoking cessation service for outpatients?

You cannot achieve smoking cessation by yourself alone. Why don't you try smoking cessation receiving support from our clinic?

In the smoking cessation service for outpatients in our clinic the doctor will grasp your smoking history properly, and will write the prescription of the smoking cessation aids and will watch over the treatment. Even if symptoms may occur during smoking cessation (irritability, getting sleepy, etc.), you can consult with your doctor so you can continue the smoking cessation well.

You can achieve smoking cessation by using health insurance.

In recent years, nicotine addiction is recognized as a disease, and if certain conditions are met, smoking cessation treatment by using health insurance is available. In order that health insurance is applied, it is necessary to satisfy the following "4 requirements for receiving smoking cessation treatment" as stated below:

<p>1</p> <p>ニコチン依存症 を診断するテストで</p> <p>5点以上</p>	<p>2</p> <p>1日の平均喫煙本数 × これまでの喫煙年数 = 200以上</p> <p>2016年4月より35歳未満にはこの要件がなくなりました。 健康保険等による禁煙治療の対象患者さんが広がりました。</p>	<p>3</p> <p>直ちに 禁煙を始めたい と思っている</p>	<p>4</p> <p>禁煙治療を受ける ことに文書で 同意している</p>
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<p>1</p> <p>5 points or more in the test to diagnose nicotine addiction</p>	<p>2</p> <p>Average number of cigarettes smoked per day X Number of smoking years so far = 200 or more</p> <p>This requirement was lifted for the people under 35 years old from April 2016.</p> <p>The number of the people eligible for smoking cessation treatment by using health insurance increased.</p>	<p>3</p> <p>You want to start smoking cessation immediately.</p>	<p>4</p> <p>You have agreed in writing to receive smoking cessation treatment</p>
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Smoking cessation aids are 3 kinds:

By using smoking cessation aids, withdrawal symptoms of lack of nicotine are less likely to appear, which makes it easier to continue smoking cessation.

There are three kinds of smoking cessation aids: I.e. nicotine-free medicinal drink, nicotine patch, and nicotine gum. The aids which doctors prescribe, and for which health insurance etc. can be used are nicotine-free medicinal drink and medical nicotine patch. Nicotine gum and some nicotine patches will be ordinary medicines that you can buy at the pharmacy.

医師により処方され健康保険等の適用が可能なのは、ニコチンを含まない飲み薬と療用のニコチンパッチです。

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Drafted from "Kin'en chiryou no tame no hyoujun tejunsho (which means Smoking cessation treatment standard procedures)" Sixth edition: 2014 [L20140807011] by The Japanese Circulation Society, The Japan Lung Cancer Society, The Japanese Cancer Association, and The Japanese Respiratory Society.

 <p>ニコチンを含まない飲み薬 適用が可能</p>	 <p>ニコチンパッチ 適用が可能*</p>	 <p>ニコチンガム 適用されません</p>
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Nicotine-free medicinal drink:	Nicotine patch:	Nicotine gum:
Health Insurance Applicable	Health Insurance Applicable	Health Insurance Not applicable

**You can receive the smoking cessation treatment at Kenpo clinic (reservation system).
Please contact the clinic nurse by phone (0493) 22-0890 (Representative)**