



TOBACCO DEPENDENCE TREATMENT PROGRAM

at Aria Health

An individualized program to help you quit smoking safely and comfortably.

Aria Health's certified master tobacco treatment specialists provide a supportive, encouraging environment to motivate smokers to quit. Our program works to meet each patient's individual needs, custom built by our comprehensive team and tailored specifically to you, to ensure your success in quitting smoking for good.

Our treatment options are flexible and may include:

- *Supportive Counseling*
- *Behavior Modification*
- *Nicotine Replacement Therapies*
- *Medications*
- *Complementary and/or Alternative Therapies*

Call the Tobacco Cessation Hotline for more information and to make your appointment today!



[ARIAHEALTH.org](https://ariahealth.org)

215 612 4137





THE LUNG CANCER SCREENING PROGRAM

at Aria Health



Lung cancer screening with low-dose computed tomography (CT) scanning can help find lung cancer early when treatment is most effective.

At Aria Health, the Lung Cancer Screening Program offers a personalized, one-on-one consultation with our comprehensive thoracic team, including a thoracic oncology nurse navigator and thoracic nurse practitioner.

Anything that increases your chances of lung cancer is called a risk factor. Known risk factors include:

- *Smoking*
- *Second & third hand smoke exposure*
- *COPD and pulmonary fibrosis*
- *Asbestos and radon exposures*
- *Military exposures*
- *Work-related smoke exposures*

A screening is only for people who are most likely to develop lung cancer:

- *55 to 77 years of age*
- *Current/former smoker*
- *Smoked at least 30 pack years
(1 pack a day for 30 years; 2 packs a day for 15 years)*
- *Quit smoking less than 15 years ago*

Call the Lung Cancer Screening Hotline for more information and to make your appointment today!

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