

NSU'S PSYCHOLOGY SERVICES CENTER

FREE INDIVIDUAL SMOKING CESSATION SERVICES



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NSU's Psychology Services Center
Maltz Building
3301 College Avenue
Fort Lauderdale, Florida 33314-7796
(NSU Fort Lauderdale/Davie Campus)
(954) 262-5922 | nova.edu/gsc



College of Psychology
NOVA SOUTHEASTERN UNIVERSITY

NSU
Florida

Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Nova Southeastern University. Nova Southeastern University admits students of any race, color, sexual orientation, gender, gender identity, military service, veteran status, and national or ethnic origin. 05-010-19R NK

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nova.edu/healthcare

HEALTHY LIFESTYLES GUIDED
SELF-CHANGE CLINIC

nova.edu/healthcare

WHAT WE OFFER

Nova Southeastern University (NSU) offers FREE individual sessions to help you quit smoking. Learn about the effects of nicotine and explore your reasons for quitting.

Our program will help you

- prepare to quit
- set a quit date
- make an informed choice about quitting
- learn strategies and skills to help you stop smoking for good

All services are available in English and Spanish. Ofrecemos todos los servicios en español.

FREQUENTLY ASKED QUESTIONS

WHAT DO I NEED TO KNOW ABOUT SMOKING CESSATION?

- Quitting smoking often requires multiple attempts.
- Behavioral counseling and/or nicotine replacement (NRT: i.e., patches, gum, lozenges) can increase chances of a successful quit attempt.
- Combining behavioral counseling and NRTs is often most effective.
- Tobacco use can interfere with treatment of mental health problems and the effectiveness of prescribed medications.

WHAT ARE THE BENEFITS OF QUITTING?

Improved quality of life starts almost immediately.

20 minutes: Heart rate and blood pressure drop to normal.

8 hours: Carbon monoxide level in blood drops to normal.

48 hours: Ability to smell and taste is enhanced.

2-12 weeks: Circulation improves and lung function increases.

1-9 months: Coughing and sinus congestion decreases. Shortness of breath decreases. Cilia start to regain normal function in the lungs.

1 year: Risk of coronary heart disease is half that of smokers.

5 years: Risk of cancer of mouth, throat, esophagus, and bladder is cut in half.

10 years: Risk of dying from lung cancer is half that of smokers.

15 years: Risk of coronary heart disease is same as nonsmokers.

HOURS

Services are by appointment only.

Monday–Thursday, 9:00 a.m.–8:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

APPOINTMENTS

We provide three options.

- Visit us online at nova.edu/gsc.
- Email gsc@nova.edu.
- Call (954) 262-5922.

DIRECTORS

Linda C. Sobell, Ph.D., ABPP

Mark B. Sobell, Ph.D., ABPP

NSU's Psychology Services Center is a state-of-the-art facility where providers are supervised by highly qualified, licensed professionals.

Services are available to individuals regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin.

