







Want to Quit?

Consult our Pharmacist at SunMed Pharmacy for more information. We are located at Ground Floor, Tower A, Sunway Medical Centre.

QUIT CALCULATOR

Are you a smoker? What are your chances of successfully quitting?

How soon after you wake up do you smoke your first cigarette?





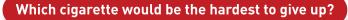




If a place prohibits smoking, do you still smoke?









The first one in the morning



All others

How many cigarettes do you smoke in a day?



10 or less



11 to 20



21 to 30



31 or more

Do you smoke more frequently during the first hours after waking than during the rest of the day?





If you are sick in bed, do you still smoke?





No

Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine dependence: a revision of the Fagerstrom Tolerance Questionnaire. British Journal of Addiction 1991; 86: 1119-1127

Visit our pharmacists at SunMed Pharmacy to get your 'QUIT CALCULATOR' results and analysis.

Operation Hours

9.30am - 5.30pm Mondays-Fridays 9.30pm - 1.30pm Saturdays

Closed on Sundays and Public Holidays

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https://www.sunwaymedical.com/en/quit-smoking









