

QUIT **SMOKING** TODAY



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?



Within 5 mins



6 - 30 mins



31 - 60 mins



After 60 mins



If a place prohibits smoking, do you still smoke?



Yes



No



Which cigarette would be the hardest to give up?



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?



Yes



No



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



Yes



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

Mondays-Fridays 9.30am - 5.30pm
Saturdays 9.30pm - 1.30pm
Closed on Sundays and Public Holidays



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

