

IT'S CANADA'S TIME TO QUIT SMOKING



Doctor Discussion Checklist

3 points to include in your discussion with your doctor or other healthcare provider.

To help you have a more productive conversation with your doctor, remember to include the following points:

- Tell your doctor you're ready to quit... and why. Write your top reasons for quitting here.

- Ask your doctor about available treatment options (be sure to talk about the ways you tried to quit before).

- Speak to your doctor about the importance of support and resources that may be available to help you quit successfully.

Print this checklist, and bring it with you when you visit your doctor.