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# Aster CMI Hospital launches smoking cessation clinic

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**The clinic will provide consultation from doctors and will also offer both counselling and pharmacological options to those who are attempting to stop tobacco use**



In an effort to increase awareness about the various health risks associated with the usage of tobacco, Aster CMI Hospital has launched a Smoking Cessation Clinic to aid people who are addicted to smoking and chewing of tobacco or other tobacco containing products in quitting the harmful habit. The Smoking Cessation Clinic will be held on all Friday, 4:00 – 5:00 pm at Aster CMI Hospital in Hebbal, Bengaluru.

People who wish to quit tobacco consumption or smoking will undergo a detailed evaluation during this session. The clinic will analyse the severity of their addiction and will assess their current lung-function. A smoking cessation clinic can be an easy and effective way to treat tobacco use and dependence. The clinic will provide consultation from doctors and will also offer both counselling and pharmacological options to those who are attempting to stop tobacco use. It will provide intensive treatments to smokers who are motivated to quit smoking and aims to ensure a high success rate among the people who are addicted to tobacco use.

Speaking on the launch of the clinic, Dr Sunil Kumar K, Lead & Senior Consultant, Interventional Pulmonology, Aster CMI Hospital, said: “With the launch of this Smoking Cessation Clinic, we at Aster CMI Hospital are strengthening our commitment to expand the reach of preventive healthcare and play a greater part in helping the public in curbing this illicit habit and enable them to take back the control of their lives.”

Sharing his views, Dr Srivatsa Lokeshwaran, Consultant - Interventional Pulmonology, said: “Tobacco cessation can certainly benefit an individual’s health and can also have an overall benefit on the country’s economy by reducing the burden on healthcare expenditure.”

Every year, globally, the month of November is observed as the Lung Cancer Awareness Month to raise awareness about this menacing disease and to provide aid to those who are suffering from it.