



## **For Immediate Release**

January 22, 2009

### **Program Provides Counselling Service to Quit Tobacco**

For those who want to quit tobacco, the chances of success are greater than ever with a service now being offered by many Saskatchewan pharmacists.

Through PACT, Partnership to Assist with Cessation of Tobacco, individuals can receive counselling and support from their local pharmacist to quit tobacco. Research shows that even brief counselling and support can double a person's chance of successfully breaking the habit and behaviour modification therapy can triple the chance of success.

PACT pharmacists can help individuals to assess their readiness to quit, guide them through the steps to quitting, offer advice on medications that may help, and provide ongoing support and encouragement. Counselling can range from support through brief interventions or intensive one-one-one counselling.

PACT pharmacists are specially trained through the PACT program to provide tobacco cessation counselling. To date, more than 200 pharmacists in Saskatchewan have completed PACT training.

Pharmacists are well suited to provide counselling services to tobacco users. As front line health care professionals, they provide clients advice on a daily basis as to how to quit smoking. They often see their clients regularly and provide advice on many health-related topics. Pharmacists understand the benefits of being tobacco-free and the harmful effects of addiction to tobacco.

PACT is available at no cost to the public. The program is financed through a fund established by Saskatchewan pharmacies to provide patient health services. The program is co-ordinated through the Pharmacists Association of Saskatchewan and PACT training was funded by Health Canada.

The program was launched in Saskatchewan on January 22, in conjunction with National Non-Smoking Week taking place from January 18 to 24, 2009.

The Pharmacists Association of Saskatchewan represents members as an advocacy organization promoting the profession of pharmacy in Saskatchewan and protecting the interests of pharmacists.

For more information, contact:

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