

## Patients Who Have Recently Quit and/or Relapsed

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*"Anyone who has ever been addicted to nicotine recognizes that quitting tobacco use is among the most difficult challenges he or she will ever face."*

*"Each quit attempt makes the next one more successful than the last."*

—Michael C. Fiore, M.D., M.P.H.  
Director, Center for Tobacco Research and Intervention  
University of Wisconsin Medical School

Patients who have recently quit tobacco use should be offered reinforcement in their decision to quit, a review of the benefits of quitting, and assistance in resolving problems arising from quitting. Because of the chronic relapsing nature of tobacco dependence, clinicians should provide brief relapse prevention treatment.

Although most relapse occurs early in the quitting process, some relapse occurs months or even years after the quit date. Prevention interventions can be delivered by clinic visits and telephone calls.

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