

## OTHER SERVICES OFFERED:

Asthma Evaluation and Management

Chronic Obstructive Pulmonary Disease (COPD) Evaluation and Management

Restrictive Lung Disease Evaluation and Management

Occupational Lung Diseases Assessment and Management

Spirometry (Lung Function Testing)

Body Plethysmography

Bronchoscopy (Lung Biopsy/Fluid Drainage)

Six Minute Walk Test

Oxygen Level Assessment

Oxygen Prescription for Air Travel

Exercise Capacity Assessment

Allergy Assessment and Care

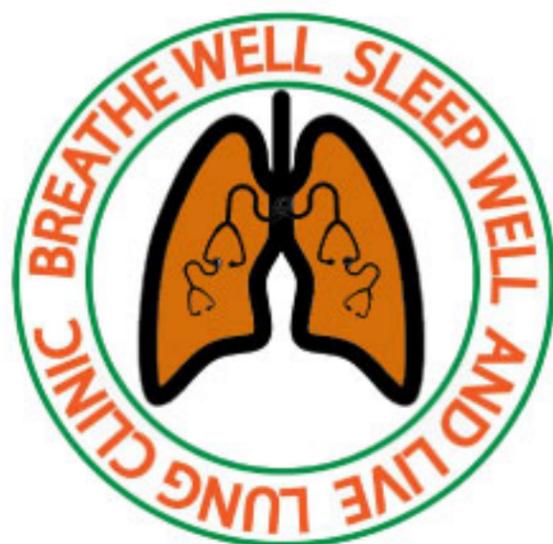
General Wellness Consultations

Intensive Care Management

Intravenous Treatments

Virtual Consultations

**Headed by Dr. Michelle Trotman**  
Consultant Internist, Intensivist  
Pulmonologist & Sleep Physician



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## Breathe Well Sleep Well and Live Lung Clinic

Offers the Caribbean's Premier  
**SMOKING CESSATION CLINIC**



We take pride in caring  
for our patients for life.

## What is Smoking CESSATION ?

Tobacco use can lead to nicotine dependence and serious health problems. Cessation can significantly reduce the risk of suffering from smoking-related diseases.

Tobacco dependence is a chronic condition that often requires repeated interventions, but effective treatments and helpful measures exist. Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers.

### Nicotine Dependence

- Nicotine is the psychoactive drug in tobacco products that produces dependence. Most smokers are dependent on nicotine.
- Nicotine dependence is the most common form of chemical dependence in the United States. Research suggests that nicotine may be as addictive as heroin, cocaine or alcohol.
- Quitting smoking is difficult and may require multiple attempts. Users often relaps because of stress, weight gain and withdrawal symptoms.
- Examples of nicotine withdrawal symptoms include irritability, anxiety, difficulty concentrating and increased appetite.

## Health Benefits of CESSATION

Breaking free from nicotine dependence is not the only reason to quit smoking. Cigarette smoke contains a deadly mix of more than 7,000 chemicals; hundreds are toxic and about 70 can cause cancer. Cigarette smoke can cause serious health problems, numerous diseases and death.

Fortunately, people who stop smoking greatly reduce their risk for disease and premature death. Although the health benefits are greater for people who stop at earlier ages, cessation is beneficial at all ages.

### Health Benefits if you cease smoking:

- Smoking cessation lowers the risk for lung and other types of cancer
- Smoking cessation reduces the risk for coronary artery heart disease, stroke and peripheral vascular diseases. Coronary heart disease risk is substantially reduced within 1 to 2 years of cessation.
- Smoking cessation reduces respiratory symptoms such as coughing, wheezing and shortness of breath. The rate of decline in lung function is slower among persons who quit smoking.
- Smoking cessation reduces the risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- Smoking cessation by women during their reproductive years reduces the risk for infertility. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

## Our Intervention Methods to QUIT SMOKING

The majority of cigarette smokers quit without using evidence-based cessation treatments. However, our clinic offers the following assistance for smokers who want help to quit:

- Brief clinical interventions (i.e., when a doctor takes 10 minutes or less to deliver advice and assistance about quitting)
- Counseling (e.g., individual, group or telephone)
- Behavioral cessation therapies (e.g., training in problem solving)
- Treatments with more person-to-person contact and intensity (i.e., more time with counselors)
- Use of cessation medications which have been found to be effective for treating tobacco dependence

Breathe Well Sleep Well and Live Lung Clinic knows that the combination of medication and counseling is more effective for smoking cessation than either medication or counseling alone and thus uses a multidisciplinary approach to achieve its FABULOUS 100% success rate for Smoking CESSATION.

"Helping our patients live a more satisfying and healthy life."