

# Ask, Advise, Refer



## Show that you care about your patients.

### Ask

At every visit, in a caring manner, ask each patient or client if he or she smokes.

If the patient or client does not smoke, congratulate them.

If they do smoke continue to the next step.

### Advise

Advise patients who smoke to consider quitting.

Smoking can lead to health problems such as:

- Heart and Lung Disease
- Diabetes
- Stroke
- Ongoing infections and colds
- Cancer

People exposed to secondhand smoke can also experience these health problems.

### Refer/Connect

If the patient or client is interested in quitting, refer him or her to the following **FREE** service:

- California Smokers' Helpline  
1-800-NO-BUTTS (1-800-662-8887)

Congratulate your patient or client on their decision to quit smoking.

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