



Show your patients  
that you care.



**Ask, Advise, Refer**



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## Ask

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

Be respectful of traditional tobacco that is used by many Native Americans or Alaska Natives for ceremony, prayer, and/or medicinal purposes.

If they do not use commercial tobacco, congratulate them.

If they do use commercial tobacco for non-traditional reasons continue to the next step.

## Advise

Advise patients who smoke or chew tobacco to consider quitting.

Smoking and chewing tobacco causes health problems such as:

- Heart and Lung Disease
- Infections and colds
- Diabetes
- Cancer
- Stroke

Family and friends exposed to secondhand smoke can also experience these health problems.

## Refer

If the patient or client is interested in quitting, refer him or her to one of the following FREE services:

California Smokers' Helpline  
1-800-844-CHEW (1-800-844-2439)  
1-800-NO-BUTTS (1-800-662-8887)

Congratulate your patient or client on their decision to quit using commercial tobacco.