

## STOP SMOKING PROGRAM

About 30 to 50 per cent of smokers will develop lung disease or cardiovascular disease or both. Trying to stop smoking should not just be seen as an aspiration like buying a car or beautiful clothing.

To achieve long term abstinence, the process to quit should be perfectly prepared and integrated into your personal lifestyle. The Clinique La Prairie program offers you a multi-faceted approach with high success rates.

### THE FIRST STEP IS A SUPERVISED AND TARGETED MEDICAL CHECK-UP

- A chest physician evaluates your personal needs and with you, creates an individually tailored program together with timescale
- Detailed pulmonary function testing gives important results for therapy
- Low dose high resolution CT of the chest with a calcic score of the coronary arteries helps to rule out cancer and coronary heart disease
- Cardiologic check-up with stress test completes the calcic score
- Personalised support and management including: medication, nicotine substitution, relaxation techniques, therapeutic hypnosis and acupuncture

### OUR PACKAGE INCLUDES

- Six nights from Sunday until Saturday including full board
- One medical check-up: laboratory analysis, abdominal ultrasound, ECG
- Medical evaluation by a lung specialist, daily follow up and nursing care
- Detailed pulmonary function assessment with measurement of exhaled CO<sub>2</sub>
- One calcic score and one thoracic CT
- One ENT evaluation
- One cardiologic check-up
- One psychotherapeutic evaluation
- Two sessions: therapeutic hypnosis session, relaxation techniques
- One acupuncture session
- One screening for skin lesions
- Dietetic follow up
- One personalised advice at the Center for Aesthetic Medicine and at Clinique La Prairie's Medical Spa
- One 90-minute cellular anti-oxidant face treatment
- One 90-minute cellular detoxifying body treatment
- One 60-minute relaxing massage
- One 60-minute Signature massage
- Four personal training sessions
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam romm and vitality pool
- Limousine services from/to the airport or train station
- All non-alcoholic beverages

### AS A SUMMARY...

On Sunday: Check-in, smoking questionnaire, first meeting with the nurses, visit by the dietician.

On Monday: Detailed discussion and examination by your personal doctor.

On Wednesday: Preliminary analysis of results by your lung specialist.

On Friday: Final analysis and therapeutic consultation with your lung specialist.

On Saturday: Departure.

