



**YOU DON'T HAVE TO STOP SMOKING IN ONE DAY...START WITH DAY ONE
NORTHEAST DELTA HUMAN SERVICES AUTHORITY IS HERE TO HELP**

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FOR IMMEDIATE RELEASE

MONROE, LA – The Northeast Delta Human Services Authority (NEDHSA) Tobacco Treatment Office has been helping clients overcome smoking leading to a healthier lifestyle and make the changes they need to live their best lives.

According to the Center for Disease Control and Prevention, tobacco use is the single most preventable cause of chronic illness and premature death in the United States. One of the primary missions of NEDHSA is to help people with addictive disorders, and a focus on smoking is part of the overall treatment program.

“Our agency understands the significant challenges associated with tobacco use in our region,” said Dr. Monteic A. Sizer, executive director of NEDHSA. “The addictive nature of tobacco, combined with the negative primary health complications it causes our patients and too many others, makes this issue an agency priority.”

Specialists at NEDHSA help people formulate a quit plan and provide nicotine replacement therapy, unlimited counseling, informational material and referrals to other helping programs. They use research-based techniques that have been proven to be successful.

One client, Ray Alpine, found NEDHSA’s tobacco treatment program effective.

“They customized my plan and encouraged me to be self-motivated,” Alpine explained. “The patches and gum, along with encouragement from my tobacco treatment specialists, worked well together. I’m over it, and now I have enough money to get an apartment closer to my job – now that I don’t spend money on tobacco.”

The NEDHSA serves as a catalyst for those with addictive disorders.

“We know those with serious mental illness die sooner than the general population. We also know that tobacco use is one of the largest known causes of preventable death in Louisiana and the United States,” Sizer mentioned. “We expect to join with area hospital systems, and tobacco cessation advocates and providers to help stem the tide of tobacco use in Louisiana’s Delta.”

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