

Participants in Cooper/Clayton classes meet for one hour each week for 13 weeks. During that time, they:

- *Receive guidance on how to use nicotine patches, lozenges or gum.* Participants learn to gradually reduce the nicotine they give themselves until their intake is zero.
- *Learn how to prevent relapse.* Participants are shown how to develop strategies to cope with stress, anger and depression while becoming nonsmokers.
- *Receive group support.* Participants are encouraged to continue meeting with others in the group to help one another stay motivated.

Does it work?

Research studies have shown that:

- For every 100 smokers who try to stop smoking by going cold turkey ... **5 SUCCEED.**
- For every 100 smokers who try to stop smoking by using only nicotine patches, lozenges or gum ... **9 TO 15 SUCCEED.**
- For every 100 smokers who try to stop smoking by participating in the Cooper/Clayton group method ... **40 TO 45 SUCCEED.**



For information on Cooper/Clayton classes near you, call 859.301.5570 or visit www.nkyhealth.org.

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www.stopsmoking4ever.org

Helping Kentucky smokers get their *lives* back



A free science-based smoking cessation program

Made available to Kentucky smokers through the Kentucky Cancer Program and its partners.





The Cooper/Clayton Method is an effective smoking cessation program that:

- Addresses all aspects of smoking.
- Uses nicotine gum, patches or lozenges to control cravings.
- Provides intensive weekly education and support group sessions for 13 weeks.

AT ONE YEAR, 45% of those who used the Cooper/Clayton Method and nicotine gum or nicotine patches were nonsmokers.

The Cooper/Clayton Method is successful because of the:

- Use of nicotine replacement products.
- Training to stay smoke-free.
- Long-term support.

THE REWARDS OF BECOMING A NONSMOKER ARE GREAT:

After 20 minutes ...

- Blood pressure drops to normal.
- Pulse rate drops to normal.
- Temperature of hands and feet increases to normal.

After 24 hours ...

- Nerve endings start regrowing.
- Ability to smell and taste is enhanced.
- Chance of heart attack decreases.

After one year ...

- Risk of coronary heart disease is half that of a smoker.

After five years ...

- Stroke risk is reduced to that of a nonsmoker.
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker.

After 10 years ...

- Risk of dying from lung cancer is about half that of a person who continues to smoke.

After 15 years ...

- Risk of coronary heart disease is that of a nonsmoker.

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ABOUT THE FACILITATORS

All facilitators of the Cooper/Clayton Method to Stop Smoking have been trained in easing the journey to becoming a nonsmoker and introducing behavior modification and relapse prevention in a group setting.

AT THREE YEARS, 80% of those who were nonsmokers at one year remained nonsmokers.

ABOUT THE DEVELOPERS

Thomas M. Cooper, D.D.S., was a heavy smoker for 36 years. He tried many times to stop smoking but didn't succeed until he developed this program.

Richard R. Clayton, Ph.D., is an internationally known expert on drug addiction. He teamed up with Dr. Cooper to create the Cooper/Clayton Method, which has helped hundreds of people stop smoking.

AT SIX YEARS, 95% of those who were nonsmokers at one year remained nonsmokers.