



## Introduction

As the well-women visit migrates from the annual Pap test and pelvic examinations to a more comprehensive health assessment, monitoring for unhealthy behaviors such as tobacco and nicotine use becomes more important for the ongoing health of patients and staff. Although the smoking rate has decreased (from more than 40% of women in 1960 to approximately 17% now), tobacco and nicotine use is still a major contributor to morbidity and mortality in women and men. Women who stop using tobacco and nicotine receive an immediate health and financial benefit.

This toolkit presents screening tools for tobacco and nicotine use and resources to help women stop use through education, medication, counseling, and referral. New nicotine delivery systems, such as packets of powdered tobacco and e-cigarettes, have made stopping tobacco and nicotine use more challenging, so one section of the toolkit focuses on counseling women on the risks of using these methods. We hope this toolkit will be a valuable resource to help you more effectively counsel and encourage your patients to become tobacco and nicotine free.