

# BUILT TO QUIT

Resources to help you stop smoking and using tobacco

**How Do I Quit?** *It's easier than you think.*

Our six-week *Built To Quit* smoking and tobacco cessation classes are led by American Lung Association certified facilitators and offer you everything you need to stop smoking and using tobacco products. Behavioral therapists, nutritionists and respiratory therapists visit the group to help provide support and guidance along the way. Participants will receive nicotine replacement therapy (if qualified) and a hard copy curriculum with a meditation CD. Lunch/dinner is provided.

**Register for one of our six-week classes for tips on how to:**

- Quit smoking and using tobacco
- Manage stress
- Avoid weight gain
- Cope with withdrawal symptoms

| <b>2019 Six-Week Built To Quit Class Dates</b> |                           |
|--|---------------------------|
| Session 1                                      | January 8 – February 12   |
| Session 2                                      | March 5 – April 9         |
| Session 3                                      | April 30 – June 4         |
| Session 4                                      | July 9 – August 13        |
| Session 5                                      | September 10 – October 15 |
| Session 6                                      | November 12 – December 17 |

Some locations offer afternoon and evening class times. Remote/online classes are also available upon request.

***For more information, or to register for a class:***

Call: 404.780.7653 Email: [smokingcessation@northside.com](mailto:smokingcessation@northside.com)

Visit: [northside.com/smoking-and-tobacco-resources](http://northside.com/smoking-and-tobacco-resources)

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# 2019 Prostate Cancer Screenings

*Another Community Service Program of Northside Hospital Cancer Institute*

The Northside Hospital Cancer Institute offers prostate cancer screenings (PSA blood tests) throughout the year at several convenient locations. **To be eligible**, men must be between the ages of 45-75, must not have a prostate cancer diagnosis and have not had a PSA blood test within the past year.

| 2019 Screening Date                                     | 2019 Screening Location   |
|---|---|
| Thursday, February 21                                   | <b>Northside Hospital Cancer Institute<br/>Radiation Oncology - Forsyth</b><br>1100 Northside Forsyth Drive, Suite 140, Cumming, GA 30041 |
| Thursday, May 16  | <b>Northside Hospital Cancer Institute<br/>Radiation Oncology - Cherokee</b><br>460 Northside Cherokee Blvd., Suite T10, Canton, GA 30115 |
| Thursday, August 22                                     | <b>Northside/Alpharetta Medical Campus</b><br>3400-A Old Milton Parkway, Suite 130, Alpharetta, GA 30005                                  |
| Thursday, October 17                                    | <b>Northside Hospital Cancer Institute<br/>Radiation Oncology - Atlanta</b><br>1000 Johnson Ferry Road NE, Atlanta, GA 30342              |
| <b>Time: 5:30-8:00 p.m. for all screening locations</b> |   |

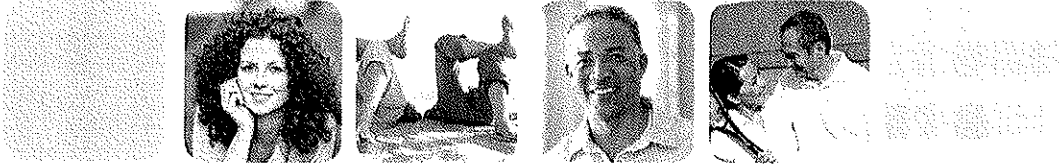
**Interpretation services available free of charge.**

Visit [northside.com/healthscreenings](http://northside.com/healthscreenings) for details about other cancer screenings

**To schedule an appointment, please call 404-531-4444**

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## 2019 Skin Cancer Screenings

*Another Community Service Program of Northside Hospital Cancer Institute*

The Northside Hospital Cancer Institute offers skin cancer screenings throughout the year at several convenient locations. Screenings take place in a private setting and consist of a brief assessment of exposed areas (such as the face, arms, hands, neck and feet). You must be 18 or older to participate.

**Screenings are not a substitute for a yearly exam with a dermatologist.**

| 2019 Screening Date                                     | 2019 Screening Location   |
|---|---|
| Thursday, March 14                                      | <b>Northside Hospital Cancer Institute<br/>Radiation Oncology - Forsyth</b><br>1100 Northside Forsyth Drive, Suite 140, Cumming, GA 30041 |
| Thursday, April 25                                      | <b>Northside Hospital Cancer Institute<br/>Radiation Oncology - Cherokee</b><br>460 Northside Cherokee Blvd., Suite T10, Canton, GA 30115 |
| Thursday, June 13                                       | <b>Northside/Alpharetta Medical Campus</b><br>3400-A Old Milton Parkway, Suite 130, Alpharetta, GA 30005                                  |
| Thursday, July 18                                       | <b>Northside Hospital Cancer Institute<br/>Radiation Oncology - Forsyth</b><br>1100 Northside Forsyth Drive, Suite 140, Cumming, GA 30041 |
| Thursday, September 19                                  | <b>Northside Hospital Cancer Institute<br/>Radiation Oncology - Atlanta</b><br>1000 Johnson Ferry Road NE, Atlanta, GA 30342              |
| <b>Time: 6:00-8:00 p.m. for all screening locations</b> |   |

**Interpretation services available free of charge.**

Visit [northside.com/healthscreenings](http://northside.com/healthscreenings) for details about other cancer screenings

**To schedule an appointment, please call 404-531-4444**



# Lung Cancer Screenings

*Another Community Service Program of Northside Hospital Cancer Institute*

## Who Should Be Screened?

If you are a current or former smoker, speak with your physician to discuss the risks and benefits of receiving a low dose CT scan.

### Eligibility Criteria\*

|                        |  |                               |  |
|------------------------|--|-------------------------------|--|
| <b>Age</b>             | 55 - 77 years  | <b>Screening Duration</b>     | Screening should be discontinued once a person has not smoked for 15 years   |
| <b>Symptoms</b>        | Asymptomatic (no signs or symptoms of lung cancer)**   | <b>Shared Decision Making</b> | A Lung Cancer Screening and Shared Decision Making Visit is required to determine eligibility and to receive a low dose computer tomography lung cancer screening. |
| <b>Smoking History</b> | Current smoker or one who has quit within the last 15 years**<br>30+ pack year smoking history (a pack a day for 30 years or more) |                               |  |

\*Must have written order from physician

\*\*Eligibility based on Medicare criteria

### WE CAN HELP YOU QUIT SMOKING & TOBACCO

As part of our comprehensive approach to prevention and early detection, Northside Hospital offers a program to help individuals quit smoking and using tobacco products.

For more information, call 404-780-7653 or email [smokingcessation@northside.com](mailto:smokingcessation@northside.com)

**For questions or to determine eligibility, contact the  
Northside Hospital Cancer Institute Call Center at 404-531-4444.**



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# Breast Cancer Screenings

*Another Community Service Program of Northside Hospital Cancer Institute*

As a leader in women's health care, Northside Hospital's Cancer Institute provides mammograms and breast diagnostic services for women who meet specific eligibility requirements. To better serve you, we have imaging centers located throughout Atlanta. Additionally, our ScreenAtlanta mobile mammography van visits more than twenty different sites throughout the metro-Atlanta area on a monthly basis.

## Eligibility:

- Must live in Georgia
- Must be uninsured (no insurance)
- Must be 40+ to receive a screening mammogram (or younger if medically indicated by a physician)
- Must meet income requirements
- Must have a written order from your physician

**For additional information or to determine if you meet eligibility requirements, contact Northside's ScreenAtlanta office at 770-667-4400.**

The Northside Hospital Cancer Institute gratefully acknowledges the generosity of the following organizations for their support of this project:



For questions or information about other screenings, please visit [builttobeatcancer.com](http://builttobeatcancer.com).