

[Web Version](#) | [Update preferences](#) | [Unsubscribe](#)

 [Forward](#)

Healthy and Happy

Mental health status is shown to improve after quitting smoking says [a recent study](#).

PACT Database

Please take a moment to [update your profile](#) on the PACT Website.

Your log in and password are the gateway to managing your profile and accessing the library of resources and specialty modules. If you are providing cessation services in Saskatchewan (or anywhere in Canada), check off your interest in being listed on the PACT Locator

If only...

PACT wants to hear how you would complete this statement as it relates to cessation. If the world were as it should be, what do you think could have a big impact on our tobacco use rates? Email your responses to janice.pact@gmail.com.

Consistent Messaging

PACT believes that every health care professional has a role to play in cessation. Dental Professionals tend to care for a different segment than do other Medical Professionals. Physicians see a very high proportion of people in younger and older age groups. Dental professionals see more people in the middle age group that are usually relatively healthy other than their tobacco use.

If we are all doing what we can, when we can, we will cover a broader range of the population and will be providing a consistent message that might one day save a life. Plus, it is extremely difficult for someone to lie about their tobacco use when you are looking right into their mouth.

Congratulations to all of the Dental Professionals from SIAST in Regina who recently completed the PACT Level I training.

[Edit your subscription](#) | [Unsubscribe](#)

