

NAME
ADDRESS

DATE

Dear FIRST NAME:

Let me thank you again for taking time to speak with our staff and agreeing to participate in Project WISE! As a token of our appreciation I have enclosed a gift certificate redeemable at a local merchant. I hope you will use this to treat yourself to something special.

As we discussed on the phone, the purpose of Project WISE is to promote healthy lifestyle choices among women. We are also gathering information that will help us better address the health needs of women such as yourself. In our phone conversation you indicated that you are currently smoking. In addition, you mentioned that you have had one or more abnormal pap smears. I don't know if you have thought about quitting smoking, but if not, let me encourage you to do so. Did you know that smoking can cause pre-cancerous cell changes in your cervix, such as those that result in an abnormal pap smear test? Smoking is also a major cause of cervical cancer and is responsible for nearly one-third of cervical cancer deaths. However, the good news is that quitting smoking can reduce the size of pre-cancerous cervical lesions and decrease your risk of cancer.

Of course, the decision of when and how to quit smoking is completely up to you. We just want to make sure you have the information and resources you need to make informed decisions. Enclosed you will find a guide on quitting smoking which includes information about treatment options at Group Health and in the local community. I encourage you to take a moment to look at this material. Even if you are not ready to quit smoking, you may find it helpful to keep this information in case you decide to quit in the future.

As part of this project, a member of our staff will be contacting you in the next few weeks. She will be able to answer any questions you have about whether or how to quit smoking. *Even if you do not want to quit at this time, we would like to talk to you briefly.*

Thank you again for your time and participation in Project WISE!

Sincerely,

Jennifer B. McClure, Ph.D.
Principal Investigator
Project WISE

Enclosures: Gift
Clearing the Air