

Healthy Partner: Patrick Manley



Patrick Manley, Corporate Training Compliance Manager, is a Chantix success story. He is tobacco-free and he feels great.

Before he quit smoking, Manley said his greatest joy was relaxing on his back porch in the evening, feet up, cigarette in hand, enjoying his view of the lake. Then one evening in August this year, the thought hit him: Smoking makes no sense – financially or physically. He decided that it was time to quit, once and for all.

Like many people, he had given up smoking several times before, but always went back. “Ironically, I quit smoking when I was in Afghanistan, but I started right up again,” said Manley, a master sergeant in the National Guard who served in Iraq in 2003 and Afghanistan in 2004-05. This time, with the right mindset, he was determined that quitting smoking would be different.

“I’ve been a runner for years, and I began to notice I was becoming winded more quickly,” he said. “My children wanted me to quit. And the men in my family have a history of cardiovascular disease – none of them have lived past their early sixties.”

So when Manley learned that Gulfstream’s medical plan provides coverage for Chantix, the newest medication to help tobacco users quit, he called his decision a “no-brainer.” He found the medication easy to tolerate and extremely effective. After just seven days on Chantix, his desire to smoke vanished. He has not had a cigarette since.

“It was like a switch was turned off and I just went on with my day,” Manley said. “I took the prescribed dose for the first seven days and continued to smoke. Day 8 was my quit day, and that was it. I didn’t look back. It was a non-event.” He reports no negative side effects – no weight gain, not even an urge to eat more. He has experienced more vivid dreams, but he doesn’t consider that a negative consequence.

Today, Manley reports feeling more focused. Since giving up smoking, he has begun to tackle other areas of his health, like his cholesterol levels (which should improve now that he is tobacco-free). He is eager to convince others to take this same all-important step to better health.

Manley’s final comment is one of gratitude: “I want to thank the company for looking into these cutting-edge ways to do what’s right for the business and employees.”

More information on Gulfstream’s medical coverage of Chantix and other tobacco-cessation medications is contained in this November 2007 issue of the P2H newsletter.