

Tools to Quit

Quit Tips

- **Why Quit?** Write down ALL the reasons to quit that are important to you
- **Create your own smoke-free space.** Ask others not to smoke near you, in your home or car.
- **Rely on others.** Use a strong support network of family and friends.
- **Exercise.** Working out helps reduce urges to smoke.
- **Stay Positive.** Recommit every day.
- **Jet it down.** Write down the day you want to quit and remember to keep trying!



Counseling & Group Support

Many smokers quit with support from individual counseling or group treatment. This can include regularly scheduled one-on-one or group meetings, or quitlines

Over-the-Counter Remedies

Nicotine replacement therapy (NRT) products can increase your success with quitting. NRT products contain small amounts of nicotine but not the hundreds of other harmful chemicals found in all tobacco products. They can help break nicotine addiction by slowly reducing cravings for nicotine and withdrawal symptoms. Examples of over-the-counter options include nicotine gum, patches, and lozenges

Prescription Medication:

Your doctor can prescribe medications to help you quit smoking. Some inhalers and nasal sprays act much like over the counter nicotine replacement therapy. Other medications do not contain nicotine and work differently to help reduce your urge to smoke. Examples of prescription medications include Zyban®, Chantix®, nicotine nasal spray, or nicotine inhaler

Combining counseling with a prescription or over-the-counter medications proves most effective. To increase chances of success and to "Stay Quit," smokers should combine all forms of treatment.

See Back for Available Resources

Tools to Quit

Quitlines:

Quitlines are free, telephone based counseling programs that are available nationwide. When you call, you are teamed with a trained counselor who can help you develop a strategy for quitting or help you stay on your current program.

National Cancer Institute's Smoking Quitline: 1-877-44U-QUIT (1-877-448-7848)

Ohio Quitline: 1-800-QUITNOW (1-800-784-8669)

The Ohio Tobacco Quit Line offers free cessation services to uninsured individuals, Medicaid recipients and pregnant women.

In Lorain County, there are several programs and facilities focused on quitting and prevention through counseling and family support. For further information contact:

University Hospitals Elyria Medical Center: 440-329-7500

Mercy Regional Medical Center - Pulmonary Rehab: 440-960-3812

Lorain County Alcohol & Drug Abuse Services: 440-282-4777

For More Useful Information Visit:

American Lung Association: www.lungusa.org

Lung HelpLine: 1-800-LUNGUSA (1-800-586-4872)

Freedom From Smoking:

www.ffsonline.org

Quitter in You: www.quitterinyou.org

National Alliance for Tobacco Cessation:

Become an Ex: www.becomeanex.org

National Cancer Institute:

www.cancer.gov

Cessation: www.smokefree.gov

Hotline: 1-800-4-CANCER (1-800-422-6237)

American Cancer Society: www.cancer.org

Centers for Disease Control and Prevention (CDC):

www.cdc.gov/tobacco

American Heart Association: www.heart.org

Resources:

The National Cancer Institute— "Cleaning the Air"

Centers for Disease and Control (CDC) - http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/five_keys/

American Heart Association

American Cancer Society— "When Smokers Quit," "The Smoke Around You," and "Living Smoke-free for You and Your Baby."

Partially funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Creating Healthy Communities Program. This publication was supported by Grant Number 2B01DP00942-11 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

