



## **GOOD INFORMATION FOR SMOKERS: YOU CAN QUIT SMOKING!**

Quitting is hard. Many people try several times before they quit for good.  
The information below explains how you can get help to quit smoking.

### **GOOD REASONS FOR QUITTING**

Nearly 7,000 Oregonians die each year from smoking and second-hand smoke. Smoking causes illnesses such as cancer, heart disease, stroke, problems with pregnancy, and lung disease.

When you quit:

- ◆ Your chances of getting sick from smoking will be less.
- ◆ You will have more energy and breathe easier.
- ◆ If you are pregnant, your baby will get more oxygen and be healthier.
- ◆ The people you live with, especially your children, will be healthier. Breathing in other people's smoke can cause asthma and other health problems.
- ◆ You will have more money to spend on things other than cigarettes.

### ***THERE HAS NEVER BEEN A BETTER TIME TO QUIT***

A combination works.

- Get Ready.
- Get Medicine.
- Get Help.
- Stay Quit.

### **GET READY TO QUIT**

1. Set a quit date.

My quit date: \_\_\_\_\_

2. Change the things around you.

Get rid of all cigarettes and ashtrays in your home, car, and place of work.

Do not let people smoke in your home.

3. After you quit, don't smoke—not even a puff!

## GET MEDICINE TO HELP YOU QUIT

You can buy nicotine gum or the nicotine patch at a drug store. You can ask your pharmacist for more information.

Ask your doctor about other medicines that can help you.

- Nicotine nasal spray.
- Nicotine inhaler.
- Nicotine lozenge
- Bupropion SR (pill).

You can call your health plan to see if any of these medications are covered by your health insurance.

## GET HELP

Tell your family, friends, and people you work with that you are going to quit. Ask for their support.

Talk to your doctor, nurse, or other health care worker. They can help you quit.

Call the Oregon Tobacco Quitline at 1-877-270-7867 (English) or 1-877-266-3863 (Spanish)

Visit the Oregon Tobacco Quitline website at [www.oregonquitline.org](http://www.oregonquitline.org). The website offers more quit tips, information about medicines, what happens when you call the Quitline, testimonials, and other useful information.

## HELPFUL HINTS TO STAY QUIT

If you "slip" and smoke, don't give up. Set a new date to get back on track.

- Avoid alcohol.
- Avoid being around smoking.
- Eat healthy food and get exercise.
- Keep a positive attitude. You can do it!

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***You Can Quit Smoking!***

Adapted from: Good Information For Smokers: You Can Quit Smoking. Consumer booklet, September 2002. U.S. Public Health Service. <http://www.surgeongeneral.gov/tobacco/lowlit.htm>