

Tips on Quitting

- ★ Decide that you want to quit. List all the reasons why.
- ★ Set a target date for quitting.
- ★ Don't empty ashtrays. Keeping them full shows how many cigarettes you smoke each day.
- ★ Put your pack or can in an unfamiliar place. Use your opposite hand to make yourself aware of your habit.
- ★ Make smoking or chewing inconvenient. Smoke or chew in conditions that are unpleasant to you. If you like to smoke with others, smoke alone.
- ★ Clean your house and clothes to get rid of the cigarette smell.
- ★ Contact your local **Wyoming Quit Tobacco Program**. The site manager will assist you with your quit effort.
- ★ Don't think of it as NEVER smoking or chewing again, think of quitting one day at a time.
- ★ Tell yourself you won't smoke or chew today and then don't.
- ★ Never allow yourself to think that "one won't hurt." It will.
- ★ Strike up a conversation instead of a match. After a meal, brush your teeth or go for a walk.
- ★ Adopt a smoke-free home and car policy.



Contact the Wyoming Quit Tobacco Program

Wyoming
QUIT
TOBACCO
PROGRAM
1-877-WYO-QUIT
(toll free 1-877-996-7848)

More Free Help!

Wyoming also offers two free counseling services to help you quit—one on the phone and one on the web. They are private, confidential, and effective. Get the support you need, and quit tobacco in the way that best fits your lifestyle.

Wyoming
QUITLINE

1-866-WYO-QUIT
(toll-free 1-866-996-7848)

W Y O M I N G
QUIT ALL TOGETHER
www.quitnet.com

Wyoming Health Resources Network, Inc.
1920 Evans Avenue • Cheyenne WY 82001
307-635-2930 • www.whm.org

The Wyoming Health Resources Network, Inc. is facilitating the Wyoming Quit Tobacco Program through a contract with the Wyoming Department of Health substance abuse division. This program is funded with Tobacco Settlement Funds.

*I REALLY
want to quit.
But where can
I go for help?*

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**Free and low-cost assistance
for tobacco users
who want to quit.**

The Wyoming Quit Tobacco Program. Convenient, private and effective. Free and low-cost materials and help.

Wyoming Quit Tobacco Program

The Wyoming Quit Tobacco Program provides free or low-cost cessation medications, counseling, and education to people who are ready to quit smoking or spit tobacco.

Studies show that pairing counseling with cessation medications—such as the patch or gum—along with education and support, is the most effective way to quit tobacco.

The addiction to nicotine is strong. It will not be easy to quit, but your local **Wyoming Quit Tobacco Program** manager will provide you with tools to help. **It is your decision** and will require your efforts, but we are here to support you.

The Price of Tobacco

Cigarettes and chew are expensive.

If you are using one pack or can a day, you're spending about **\$28.00 a week**, enough to take a family of four to the movies or out for pizza. If you use two packs or cans a day, you could have an **extra \$56.00** in your pocket every week, enough to get two children new shoes.

In one year, you could save at least \$1,400 by not smoking one pack per day. If you use two packs or cans a day, the savings could reach nearly \$3,000! **What would you do with that much extra cash?** Take a vacation? Save for a downpayment? Buy something special for your spouse?

You and those you care about are worth it!



Are You Ready To Quit?



Smoking accounts for at least **30% of all cancer deaths** and is responsible for **1 in 5 deaths in Wyoming every year.**

Twenty minutes after quitting, your blood pressure drops, and your pulse returns to normal.

Your chance of a heart attack decreases and your circulation improves **two weeks after quitting tobacco.**

Your coughing, sinus congestion, fatigue, and shortness of breath decreases between **one and nine months after quitting.**

One year after quitting, your excess risk of coronary heart disease is half that of a smoker's.

Ten years after your quit date, your risk of lung cancer is that of a nonsmoker's.

If you are ready to improve your life and health, we are here to help.

Medications Can Help

Five prescription medications can help you quit using tobacco. Nicotine gum, lozenges and patches, available over the counter, can also help you quit. However, these medications can be expensive. The **Wyoming Quit Tobacco Program** can help. We provide these medications for free or at low cost. **Contact us to find out how.**

The Wyoming Quit Tobacco Program, and the support they provide, made it possible for me to realize that I CAN beat my addiction!
—Lisa R., Buffalo, WY

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How the Wyoming Quit Tobacco Program works:

When you are ready to quit, call your county's program (listed on the reverse side) for an appointment.

You can tell us more about your health and needs during a brief interview.

You'll get a voucher to help with the cost of cessation medications. You can use it at any local pharmacy.

You'll get contact information for a cessation counselor of your choice to help you quit.

You'll get our on-going support during your quitting process.

We want you to succeed!

