



Tobacco Cessation

Are you one of the more than 70% of tobacco users who wants to quit? If so, try the following:

Write down why you want to quit. For example, do you want to ...

- Be around for a loved one?
- Have better overall health?
- Set a good example for your children?
- Protect your family from breathing second-hand smoke?

Know that it will take commitment and effort to quit using tobacco. Nearly all users have some feelings of nicotine withdrawal when trying to quit. Nicotine is addictive, and knowing this will help you deal with recovery symptoms that may occur, such as mood swings and tobacco cravings.

There are many ways tobacco users can quit, including use of nicotine replacement products (gum and patches) or FDA-approved non-nicotine cessation medications. Some people do not experience recovery symptoms. For most people, symptoms last from a few days to a couple of weeks. Take quitting one day at a time, even one minute at a time—whatever you need to succeed.

Don't use ANY tobacco products. Each use damages your lungs, blood vessels and cells throughout your body. Even occasional tobacco use is harmful.

Get help if you need it. South Carolinians have access to a range of tobacco treatment services through the SC Tobacco Quitline, 1-800-QUIT-NOW (1-800-784-8669). The quitline offers services from 8 a.m. to 3 a.m. seven days a week.

If you want a more personal resource to help you quit, consider the QuitWell Program. To learn more, contact Business Health at (864) 455-WELL (9355). Your healthcare provider also is a good resource for help and support.

Concerned about weight gain? It's a common concern, but not everyone gains weight when stopping tobacco use. A number of resources are available to help you fight weight gain as you quit using tobacco.

Remember the good news! More than half of all adults who have used tobacco have quit, and so can you! Millions

of people have learned to live tobacco free. Quitting is the single most important step you can take to protect your health and the health of your family.

"It always seems impossible until it's done."

Nelson Mandela, political activist and former president of South Africa

Resources:

QuitWell
(864) 455-WELL (9355)

Support Group

The Tobacco Cessation Support Group welcomes both tobacco users and former tobacco users. We meet every Tuesday night in the Patewood Community Room at Patewood Memorial Hospital at 6 p.m.

SC Tobacco Quitline

This free and comprehensive tobacco treatment service features phone and internet counseling. Quitline services are available 8 a.m. to 3 a.m. seven days a week. Call 1-800-QUIT-NOW (784-8669).

Websites

smokefree.gov
women.smokefree.gov
becomeanex.org
ucanquit2.org
walmart.com/blueprinttoquit
quitnet.com
determinedtoquit.com
betobaccofree.gov

Resources for Quitting Dip & Chewing Tobacco

killthecan.org
howtoquitdipping.org
mylastdip.com

Applications & Social Media

With any of the social media outlets, support and credible information are just a click away on your computer, tablet or smartphone. There are several apps that can help you quit. Find the one that works best for you!