



QUITTING

ONE OF THE MOST IMPORTANT STEPS YOU
CAN TAKE TO SAVE YOUR LIFE.

When you're ready, we're here to help.

1 out of 2 people who continue to smoke will die early because of their smoking.

By Quitting

- You will have less problems with your mouth, that include bad breath and losing your teeth.
- You lower your risk of heart disease, stroke, cancers and lung disease. You will breathe easier.
- You lower your family's risk of illness from being exposed to smoke.
- You can save money for the things you really want.
- Your skin and body will look younger.
- Your children are less likely to use tobacco.

Tips to Help You Quit (even if you tried before)

- There are many reasons to quit. Find yours and write them down to remind you why you are quitting.
- Talk to your dental health care provider about medications that may help you quit.
- Find your support system - friends, family, co-workers, CT Quitline, BecomeAnEx.org. Tell them your plans, and ask them to help you.
- Pick a Quit Date and write it down where you will see it often.

More Tips To Help You Quit

- Write down the things that make you want to smoke and what you can do to help prevent these triggers.
- Stress is a big trigger. Learn ways to cope with stress without smoking.
- If you have tried to quit in the past, think about what helped you and what did not.
- Change your routines that involve smoking. For example, if you usually smoke after eating, get up from the table and go for a walk. If you usually smoke with coffee, try tea instead. Avoid places where people are smoking.
- Keep your hands busy. Find something you like to do. Some examples are doodling, playing cards, or playing with paper clips.
- Drink water. This helps to flush the nicotine and other chemicals out of your body.
- In case you slip, don't give up, just try to quit again. It may take a few tries to quit for good.

Resources to Help You Quit

- Talk to your dental health care provider about programs and medications to help you quit.
- Call the Connecticut Quitline at 1-800-QUIT NOW or 1-855-DEJELO YA or register online at www.quitnow.net/connecticut for help with your quit plan.
- Join BecomeAnEx.org for information about quitting and to blog with other quitters.
- Check the website at www.ct.gov/dph/tobacco for programs in your area.

Scan this code for more information

