



Tobacco Cessation...

I Can Quit Now!

Quitting tobacco is difficult because *all* forms of it—cigarettes, cigars and spit (chewing) tobacco—contain nicotine and nicotine is the agent in tobacco that's capable of causing addiction or dependence. However, you *can* quit once and for all.

Top 10 reasons to quit smoking

1. I will reduce my chances of having a heart attack or stroke.
2. I will reduce my chances of getting lung cancer, emphysema, oral cancers and many other diseases.
3. I will reduce my chances of developing gum disease or losing my teeth. I will protect my teeth from decay and stain.
4. I will have better smelling clothes, hair, breath, home, and car.
5. I will climb stairs and walk without getting out of breath.
6. I will have fewer wrinkles.
7. I will reduce the chances of having a low-birth weight child. I will reduce the number of coughs, colds & earaches my child will have.
8. I will be free of my morning cough.
9. I will have more energy to pursue physical activities I enjoy.
10. I will have more control over my life.

We have put together some effective resources and tools to help you quit.

Online Resources:

www.smokefree.gov/quit-guide.aspx: Steps for preparing to quit and stay tobacco free.

www.quitnet.com: Provides a plan to quit smoking, advice, tips and support. You can also chat online with others on this site and set up a personal e-mail account.

www.lungusa.org: Provides free support after setting up an initial account. Shows important steps for quitting. Gives information on prescription and over the counter nicotine

replacement while trying to quit (Zyban, nicotine patch, or gum)

www.quitassist.com: Connects you to a wealth of expert quitting information to help you find your own path to success. Includes a downloadable guide.

Quit Lines:

1-800-SD-QUITS (1- 866-737-8487)

Must be a SD resident, currently using tobacco, and your first time trying to quit. There are 5 sessions over the phone to complete.

1-877-44U-QUIT (1-877-448-7848)

National Cancer Institute Smoking Guidelines

Sioux Falls Tobacco Control Contacts:

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605-339-1199 or email address: e.steensma@voa-dakotas.org

“Success is the sum of small efforts, repeated day in and day out” ~Robert Collier