

## July 2012 - Quitline

### Week One

#### ***Declare Your Independence: Freedom from Tobacco!***

This July, the State of Maryland Employee Workplace Wellness Initiative is focusing on quitting smoking and eating healthy. Information on upcoming wellness efforts directed at improving the health of Maryland's state workforce is available at <http://dhmh.maryland.gov/publicrelations/pr/Lists/Posts/Post.aspx?ID=249>

Commemorate this 4th of July by declaring your freedom from tobacco, or encourage the tobacco users in your life to declare their freedom from tobacco. The Maryland Tobacco Quitline 1-800-QUIT NOW (**1-800-784-8669**), is a **free**, confidential, phone counseling service for all Marylanders age 18 and older who want to quit using tobacco.

When you call the Maryland Tobacco Quitline, you will talk to a "Quit Coach", a professional trained to help you quit using tobacco. Quit Coaches are often former tobacco users, and will understand what you're going through. When you are ready to quit, you and your Quit Coach will work out a personalized plan to quit, which includes counseling sessions, quit guides, and while supplies last, a **FREE** four week supply of the patch or gum mailed to your home. Quit Coaches are available to speak with you personally seven days a week, from 7am to 3am.

- You can call 1-800-QUIT-NOW (**1-800-784-8669**), even if you don't use tobacco yourself, to receive tips from a Quit Coach on how to help others trying to quit.
- You can visit [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com) to learn more about the Quitline so you can tell your loved one about the services.
- You can also forward the link to the MD Quitline YouTube page to (<http://www.youtube.com/watch?v=O34PgsSXsoQ>) to a friend or family member.
- You can send an e-card declaring your independence: <http://www2c.cdc.gov/ecards/message/message.asp?cardid=570&category=201>.

### Week Two

#### ***You're Not Alone: Resources Are Available to Help You Quit for Good***

Different treatments work for different people. The most important thing is to try, try, and try again until you succeed! You can find an effective way to quit. Some ways to quit have been found to increase the chances of success.

Though quitting "cold turkey" is a common way people try to quit, it can be successful, but you may have more challenges to successfully quitting. If you do go cold turkey, be sure and get rid of all your cigarettes, lighters, ashtrays and all other tobacco related products and if you are having trouble or want to increase your chances of success, don't hesitate to get help from the ways listed below.

- Telephone cessation counseling through the Maryland Tobacco Quitline 1-800 QUIT NOW (1-800-784-8669). **FREE** to all Maryland adults 18 years or older.
- Brief clinical interventions: Speak to a doctor about quitting.
- Counseling: Individual, group, or telephone counseling – individual or telephone counseling is available through Local Health Departments.
- Nicotine replacement therapies: over-the-counter or prescription nicotine replacement products such as nicotine gum, inhalers, nasal sprays, lozenges, or patches.
- Non-nicotine prescription medications: prescription, non-nicotine medications such as bupropion SR (Zyban®) or varenicline tartrate (Chantix®)
- Combination treatment: a combination of medication and counseling (which has been found to be more effective for smoking cessation than either medication or counseling alone). The Quitline supplies the patch or gum and counseling – for **FREE!** Call today!

How ever you choose to declare your independence from tobacco use, the Maryland Department of Health and Mental Hygiene and the Quitline is here to support you. Whenever you are ready, Smoking Stops Here! [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com).