



**Support –**  
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Health plan benefits – Most health insurance, including Medicaid, can cover the cost of quit-smoking medications like the nicotine patch. When you talk with your health care provider for support, they can also provide you with a prescription for medications required by most health plans.

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**THINKING ABOUT  
QUITTING?**  
**TALK HEALTH CARE  
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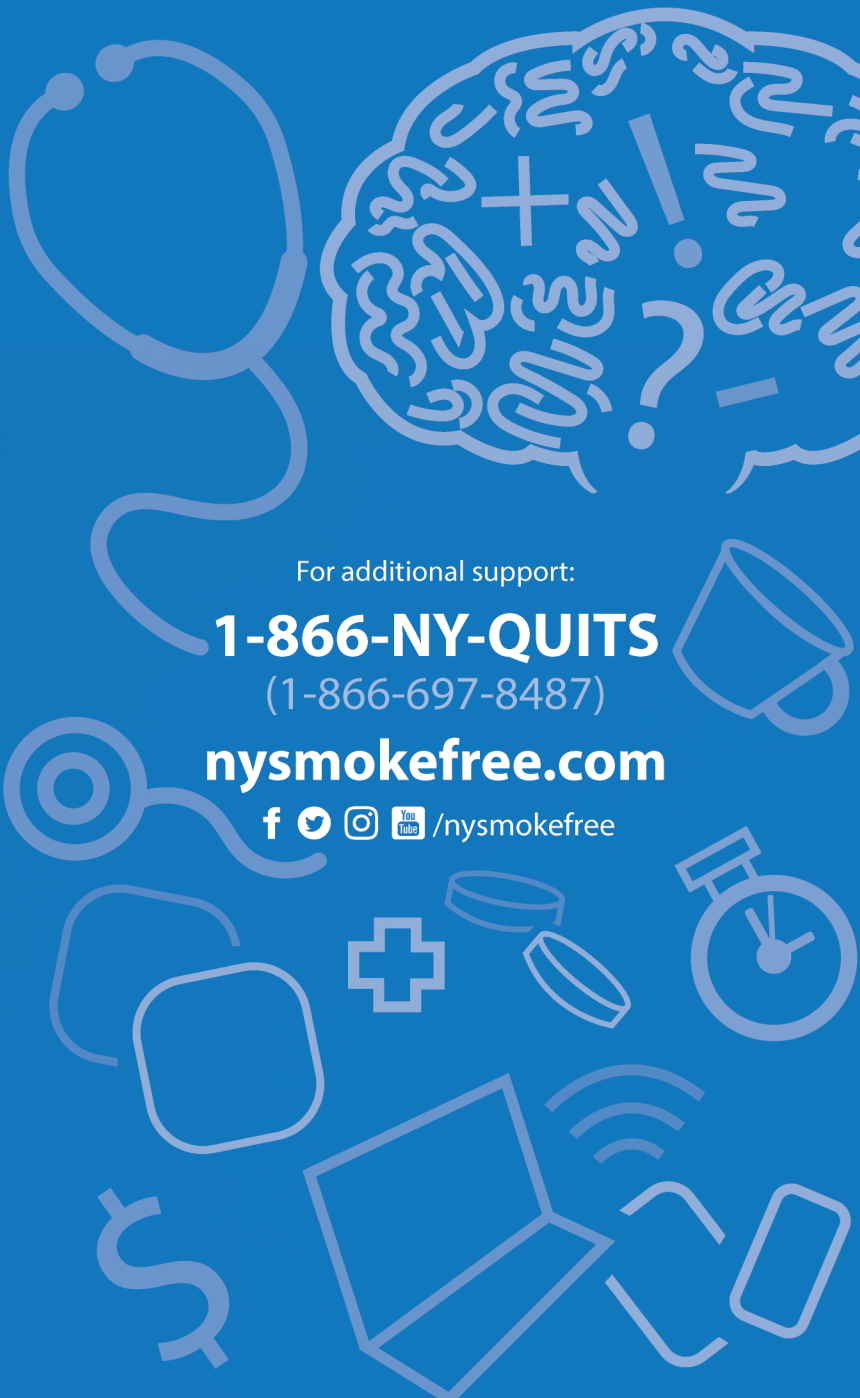
For additional support:  
**1-866-697-8487 | nysmokefree.com**



Carry this card  
with you on your  
next health care  
appointment.



**\*Not insured?** Check out the New York State of Health by visiting [nystateof-health.ny.gov](http://nystateof-health.ny.gov). Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline. Located in Roswell Park Comprehensive Cancer Center | Buffalo, NY | **1-866-NY-QUITS** (1-866-697-8487) | [nysmokefree.com](http://nysmokefree.com) | Deaf, Hard of Hearing and Speech Disabled: Call the NY Relay Service at 7-1-1 (Voice or TTY), give the operator the Quitline number.



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# Learning to **QUIT**

A simple guide  
to quit smoking.



**Smoking is an addiction.** Get support.  
Conquer cravings. Learn to quit.





**It's true –**  
it is never too early  
or too late to quit

## Quitting smoking at any age can help.

When you quit smoking, your body begins to repair itself almost immediately.

Quitting by 35 means your health can recover as well as someone who has never smoked. Cutting your risk of early death in half!

Within just 20 minutes, your heart rate calms. After 8 hours breathing becomes easier. And within just 24 hours after quitting, your chance of heart attack decreases.

35 and beyond – Quitting smoking at any age means decreasing your risk or stopping the progress of many chronic diseases caused by smoking; such as heart disease and COPD.

Each time you smoke a cigarette, you're exposed to more than 70 cancer-causing chemicals or carcinogens.



Even smoking five or fewer cigarettes per day can result in early signs of heart disease.



**CIGARETTES, NOT YOUR FRIEND** | Smoking can increase anxiety and stress. That relaxing feeling you get from smoking is just relief from nicotine withdrawal.



**NICOTINE DOES NOT CAUSE CANCER** | Tar in cigarette smoke causes cancer. Nicotine in cigarettes keeps you smoking, but the other harmful chemicals in cigarettes make smoking dangerous.

## Getting a plan – preparing for the journey



**1 Know your reasons for quitting smoking.** This can help you through tough times.



**7 Mini-quits,** practice helps! Try “quitting” your first cigarette of the day – take a shower or walk instead. Try different times and coping skills.



**2 Set your quit date –** avoid stressful dates.



**8 Throw out all your tobacco.** Yes, all of it.



**3 Line up support –** your health care provider, a Quitline Coach, family, or friends.



**9 Stressed? Remember to breathe.** Slowly breathe in deeply through your nose and out through your mouth. Repeat.



**4 Get your quit-smoking medications** before your quit date.



**10 Slip up or relapse? Don't give up!** It takes a few tries before quitting for good. Get back on track and remember your reasons to quit.



**5 Build a quit kit -** distractions like toothpicks, sunflower seeds, games, books.



**6 Know what makes you want to smoke** and plan coping strategies to help manage or prevent cravings or urges.



Take it one craving at a time. Cravings only last about 5 to 10 minutes.

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## Setting yourself up for success – support and medication

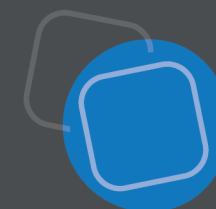


Medication plus support from a Quitline Coach and/or your health care provider can double your chances of quitting smoking successfully.

Smoke 10 or more cigarettes per day? Try combination nicotine replacement therapy to improve your chances of quitting and staying quit.

What is combination therapy?  
Using the nicotine patch with the gum or lozenge. For the best results, **use your medications as directed and don't cut the treatment short.**

### How it works



The patch gives you a steady dose of nicotine throughout the day.



The gum or lozenge work fast to stop cravings in their tracks!

### TALKING WITH YOUR HEALTH CARE PROVIDER:



Increase your success in quitting smoking! Try saying –

**1 I'm thinking about quitting smoking, can you help me?**



**2 What quit-smoking medications would you suggest?**



**3 Could you prescribe me medications covered by my health plan?**

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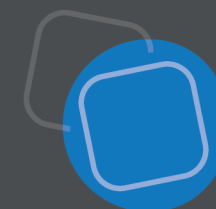
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