

QUIT TOBACCO ONCE AND FOR ALL

LET US HELP YOU
QUIT TOBACCO
FOREVER.

Thinking of quitting tobacco?
Good for you. Calling the Maine QuitLink
is the first step to making your life better.



GOOD FOR YOU!

Quitting tobacco is the most important thing you can do for your health. The sooner you quit, the sooner your body feels better and your health improves.

- In 24 hours, you reduce your chance of a heart attack.
- In 48 hours, you will be able to smell and taste better.
- In 2 weeks–3 months, you will start to breathe easier.
- In 1–9 months, you will have more energy and not be as tired.

QUITTING IS A PROCESS.

Be patient with yourself. Nicotine is very addictive and the main reason tobacco is so hard to quit.

Common withdrawal signs include:

- craving nicotine
- feeling depressed
- anxiety
- anger
- increased appetite or weight gain
- hard time focusing

You will crave nicotine the first couple of weeks. Don't worry, it will get easier.

MEDICATION CAN HELP.

Nicotine Replacement Therapy (NRT) can help increase your chances for success.

- NRT are patches, lozenges, and gum.
- NRT can help reduce withdrawal symptoms.
- Ask your doctor if NRT is right for you.
- Enroll with the Maine QuitLink to access free quit medications.

HAVE A PLAN.

Your success depends on planning well.

GET READY

- Make a list of your reasons for quitting.
- Ask friends and family who use tobacco not to use tobacco when they're around you.
- When and why do you use tobacco?
 - What are your triggers?
 - How can you get through these?
- Decide if you will use tobacco treatment medications.
- Call the Maine QuitLink and they will help you create a quit plan just for you.

GET SET

- Your chances of quitting improve with help from your doctor, family, and friends.
- Join a support group or cessation program.

GO

- Each try is a success and gets you closer to quitting for good. You can do it!

YOU CAN DO IT!

Quitting is a process. For some people, it can take many tries so even if you've called before, the Maine QuitLink has phone and digital services to help you quit your way.



MAINE
QUITLINK.COM
1-800-QUIT-NOW



IT'S FREE, CONFIDENTIAL, AND IT REALLY WORKS.



References to tobacco in this document refer to commercial tobacco use, not the sacred and traditional tobacco used by American Indian communities.