

# Quit Tobacco

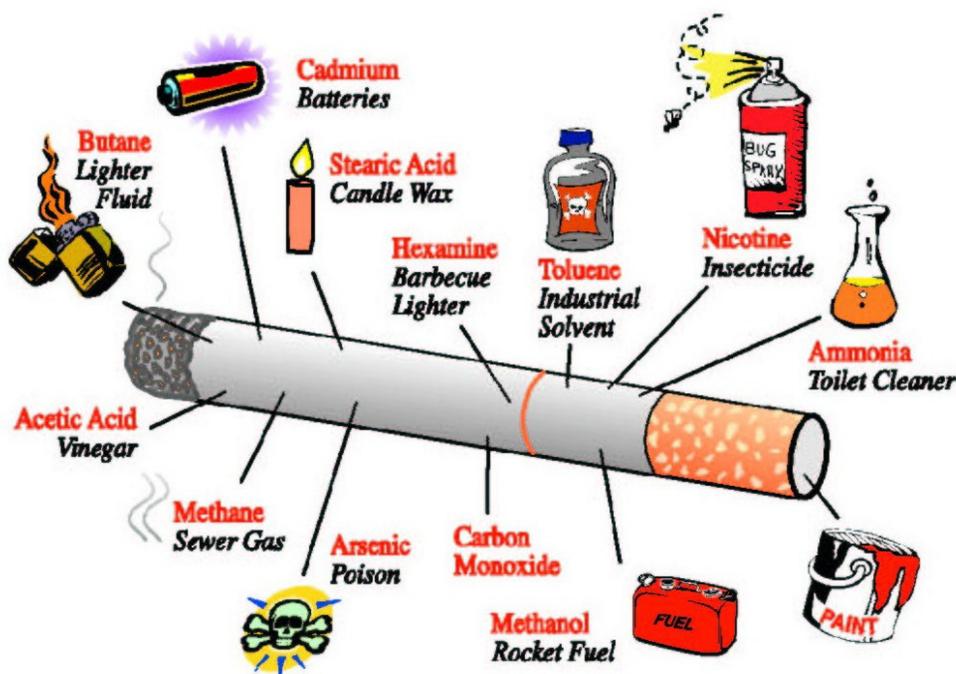
## You Can Do It

Nobody says quitting tobacco is easy, but it is life changing. The benefits start the moment you quit. Even if you have tried quitting before, don't give up! The average person tries quitting seven times before they are successful, so you are still getting closer to your goal.

### Reasons to Quit Smoking

- I want to feel better, breathe better, and have more energy.
- I am tired of the taste and the way it smells. I will feel like being more physically active when I have more energy and less shortness of breath.
- I no longer want to cough and wheeze.
- I want to live longer and healthier for myself and my family.
- I don't want to put my family and friends at risk due to secondhand smoke.
- I realize the amount of money I can save. Calculate the cost of smoking at [www.cancer.org/healthy/stay-away-from-tobacco/cigarette-calculator.html](http://www.cancer.org/healthy/stay-away-from-tobacco/cigarette-calculator.html)

These are just a few benefits of quitting. Remember to add your own reasons for wanting to quit. Write these reasons down and look at them often to help you stay on track.



The US Surgeon General states that quitting tobacco is the single most important change a tobacco user can make to enhance the length and quality of their life.

### TML Health Benefits to Assist You:

- Prescription Medications
- Over the counter supplies (gums, patches, lozenges, etc.)
- Smoking and tobacco counseling

Call Customer Care at 1-800-282-5385

### HELPFUL RESOURCES

Quitline  
1-800-QUIT-NOW

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

Calculate the Cost of Smoking  
[www.cancer.org/healthy/stay-away-from-tobacco/cigarette-calculator.html](http://www.cancer.org/healthy/stay-away-from-tobacco/cigarette-calculator.html)

Freedom from Smoking Online  
[www.ffsonline.org](http://www.ffsonline.org)

Smokefree.gov  
Quit smoking today!  
We can help.  
[www.smokefree.gov](http://www.smokefree.gov)

Disclaimer: This material is for informational purposes only and should not be used to replace professional medical advice. Always consult your physician before beginning a new treatment, diet, or fitness program. This information should not be considered complete, nor should it be relied on in diagnosing or treating a medical condition.

# Benefits of Tobacco Cessation

## Reasons to Quit Smokeless Tobacco

- I want to save money. An average can of dip costs \$3. If I stop using two cans a week, that's a savings of about \$300 a month and \$1,100 a year!
- I am tired of the sores in my mouth from dipping.
- I will feel more attractive and confident when I don't smell of dip and my teeth start to whiten again.
- I don't want to lose my mouth or jaw to cancer.
- I want to live longer and healthier for myself and my family.

Speak with your doctor before quitting.

Nicotine is highly addictive. Holding an average size dip in your mouth for 30 minutes is equivalent in nicotine to smoking 3 cigarettes. Your physician can help direct you to important resources to help make your chances of quitting more successful.

Begin the process of quitting by knowing exactly why you would like to quit. Write these reasons down as a reminder to help you stay on track to being tobacco-free.

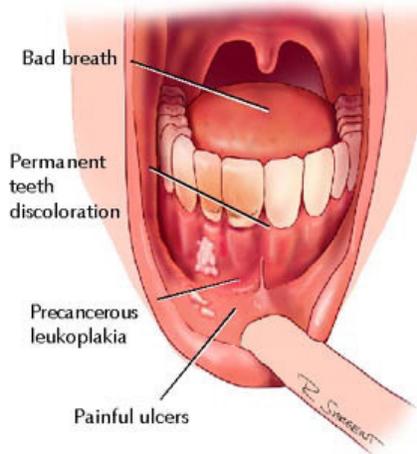
Next, determine how you plan to quit. You don't have to do it alone. In fact, studies show that people quitting tobacco are more successful when they have support.

## Support for Tobacco Cessation

- Counseling: individual, group, or telephone
- Over-the-counter medications: lozenges, gum, or patches
- Prescription medications: inhalers, nasal sprays, bupropion SR (Zyban), or varenicline tartrate (Chantix)

Studies have shown that if you taper down before you quit, in preparation for your set Quit Day where you quit completely, you will increase your chances of quitting and staying quit.

Effects of smokeless tobacco



Speak with your doctor before quitting. Not only for encouragement, but because your physician can direct you to important resources to help make your chances of quitting more successful. This is especially important if you are pregnant or have a serious medical condition.

## Ask your Provider

- Will vaping help me quit? Is it dangerous?
- Are there tobacco cessation products or prescriptions that may help me quit?
- What are the differences between the varieties of products and prescriptions?
- Are there any interactions or side effects that I should be aware of?
- Can I use more than one product at a time?
- What are some of the withdrawal symptoms that I can expect to experience? How can I reduce them?
- What changes can I expect with health conditions after I quit?
- What changes can I expect with health conditions if I do not quit?

## E-Cigarettes

- Electronic cigarettes or e-cigarettes are also called vapes, e-hookahs, vape pens, tank systems, mods, and electronic nicotine delivery systems (ENDS) and are not approved by the FDA as a quit smoking aid. So far, the research shows there is limited evidence that e-cigarettes are effective for helping smokers quit. There are other proven, safe, and effective methods for quitting smoking
- Long term effects of vaping are not known.
- Vaping is just as addictive as, cartridges contain nicotine
- Vaping can be hazardous to your health. Currently, there is an outbreak of lung injury associated with the use of e-cigarettes. For more information, click here: [www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)

## Behavioral Triggers

Nicotine is not only a chemical addiction, but also a behavioral addiction. Personal triggers should be identified, along with an alternative plan of action when you encounter those triggers, to avoid smoking or dipping. Triggers are the day-to-day activities that make someone desire tobacco.

Some Common Triggers	Alternative Actions
<b>Waking Up</b>	Get straight into the shower, change your morning routine, discard all tobacco tools from nightstand, drink a glass of water.
<b>With coffee or tea</b>	Try switching to tea if you usually drink coffee or vice versa. You could also try decaffeinated coffee or tea, keep your hands busy with crosswords or doodles, drink it faster, then move on to other activities.
<b>Driving in a car</b>	Clean and deodorize your car, remove the ash tray, remove all tobacco devices, sing with the radio while driving, drive a different route than you are used to.
<b>Being around others who use tobacco</b>	Let people know that you have quit, excuse yourself for a moment, ask loved ones not to use tobacco around you.
<b>Meal time</b>	Sit in the non-smoking section. Brush your teeth and wash your hands as soon as the meal is complete, focus on taste and how it improves after quitting.
<b>Stress</b>	Take a walk, practice breathing techniques, set aside daily quiet time to prevent stress.