

Quit Coaches® know ways to make quitting easier by providing support and practical tips that really work. When you receive Quitline counseling, along with using FDA-approved stop smoking medications, your chances of quitting for good will be even greater.<sup>5</sup> Your health care provider can help you decide if medications are right for you.

\*Certain callers may qualify for additional telephone counseling sessions (such as pregnant women). Your representative will inform you of how many sessions you qualify for during the registration process.

## Smoking Cessation Trust Services

The Smoking Cessation Trust Management Services (SCTMS) can arrange for you to receive cessation assistance; including group cessation counseling, telephone quitline support, and nicotine replacement therapy medications. If you are currently a Louisiana resident, started smoking cigarettes prior to September 1, 1988, and want to quit, you can apply for Scott Class membership at [www.smokefreela.org](http://www.smokefreela.org).

## References

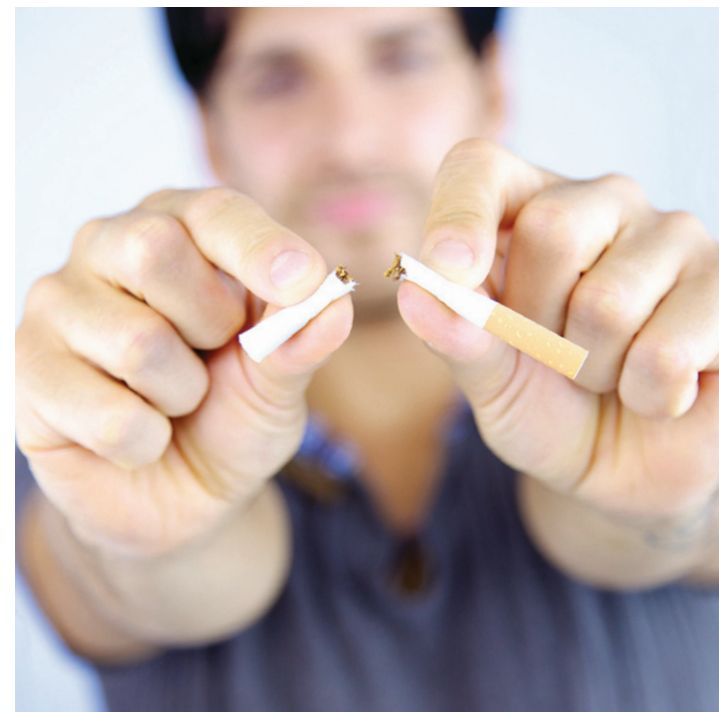
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Quit With Us, Louisiana is a partnership of the Louisiana Department of Health and Hospitals Tobacco Control Program (LTCP) and The Louisiana Campaign for Tobacco-Free Living (TFL). The two programs coordinate their efforts in tobacco prevention and control by providing statewide coordination of existing evidence-based tobacco control initiatives, funding innovative community programs for tobacco control, offering services for people who are ready to quit and developing statewide media campaigns to help reduce the excessive burden of tobacco use on the state's resources and improve the overall health and quality of life in Louisiana.

To learn more about these programs,  
visit us online at  
[TobaccoFreeLiving.org](http://TobaccoFreeLiving.org)  
[LaTobaccoControl.com](http://LaTobaccoControl.com)



This brochure was designed and produced by the Louisiana Public Health Institute's Media & Communications Division.



You can do this.

Get Ready to Quit

For help quitting, call:  
**1-800-QUIT-NOW**

[www.quitwithusla.org](http://www.quitwithusla.org)





## Deciding to Quit

Smoking is the leading cause of preventable death, killing 443,000 Americans and 6,500 Louisianans each year.<sup>1,2</sup> But tobacco doesn't just kill. It leads to many chronic diseases and conditions such as cancer, heart disease, stroke and lung disease that cause long-term suffering.<sup>1</sup> Tobacco is highly addictive, and the chemicals added to tobacco products make it easy to get hooked quickly.<sup>3</sup>

It's never too late to quit, and the health benefits of quitting are immediate.<sup>4</sup> Forget all the excuses and fears (weight gain, cost, friends who smoke) because the decision to quit is important to your quality of life.

Quitting is not easy, and it requires effort and a strong commitment. **But you can quit, and we're here to help and support you through the process.**

## How to Prepare to Quit

1. First off, believe in yourself. Believe you can quit.
2. Call the Louisiana Tobacco Quitline (1-800-QUIT-NOW) to schedule a counseling session with a Quit Coach®, who will help you develop an individualized quit plan.
3. Set your quit date. We recommend picking a low stress day. Five days before that date, write down all the reasons why you want to quit. Let your family and friends know you are quitting so they can be supportive.
4. Your Quit Coach® may advise you to spend the next few days paying attention to what triggers make you want to smoke or use tobacco—stress, driving, or drinking coffee. Write down what you will do instead of smoking or using tobacco when these triggers come up after your quit date.

5. One day before your quit date, throw away your cigarettes, cigars or smokeless tobacco, lighters, matches and ashtrays. Clean your home, your car...everywhere you used to smoke. Really clean these areas well, and make sure you clean your clothes, too.
6. On your quit day, read what you wrote down five days ago. Remember, the triggers that make you want more nicotine will only last a short while. When you feel a craving, take a walk, call a friend, and keep your list of "Why I'm Quitting" handy.

## Ready to get started?

**Call the Louisiana Tobacco Quitline, 1-800-QUIT-NOW, and visit [www.QuitWithUsLA.org](http://www.QuitWithUsLA.org).**

## Staying Tobacco-Free

Quitting is a life-long change and it takes commitment to remain tobacco-free. But you've worked this hard to quit, so don't let cravings get in the way. Here are a few tips to help you stay on track.

1. Be aware of triggers and avoid them.
2. Keep busy. When you feel a craving, find something to do to pass the time, like reading a book or magazine. The craving only lasts a short while.
3. Stay active by taking walks or starting an exercise program.
4. Learn new habits. For example, instead of having a cigarette after a meal, go for a walk.
5. Eat a healthy diet and drink plenty of water. If you feel a craving, reach for a healthy snack such as popcorn, nuts or fresh fruit or veggies.
6. Reward yourself for reaching tobacco-free milestones.
7. Get help and support from family and friends.
8. Do not be too hard on yourself if you slip.
9. Do not give up. Remember the reasons you had for quitting in the first place.

## Louisiana Tobacco Quitline (1-800-QUIT-NOW)

The Louisiana Tobacco Quitline (1-800-QUIT-NOW) is your partner, and your Quit Coach® will be there to support you through the process. You may call anytime, 24 hours a day, 7 days a week. Services are free for all Louisiana residents age 13 and older who are ready to quit within the next 30 days.

The Louisiana Tobacco Quitline (1-800-QUIT-NOW) has trained, dedicated Quit Coaches® who have helped thousands of people quit using tobacco. When you are ready to quit, your Quit Coach® will work with you to develop a customized quit plan just for you. You may be encouraged to contact your physician for stop smoking medications. If you are not ready to quit, the Quitline staff will help you figure out what you can do to prepare yourself to successfully quit when you are ready.



## When you call 1-800-QUIT-NOW, here's what you can expect:

1. Get registered with the Louisiana Tobacco Quitline.
2. Schedule a time for your Quit Coach® to call you for a one-on-one telephone counseling session.\*
3. Receive information about the online Web Coach program.
4. Receive a Quit Kit in the mail.
5. Receive information about local quit smoking programs in your community.
6. Call back as often as you need for support and advice to help you stay quit (24/7).

