

NO BUTTS ABOUT IT.

YOU CAN QUIT!!



Tobacco at any level is harmful to health. If you use tobacco products, such as smoking, chewing, or any other method, please stop. Get help from a smoking cessation specialist or quit on your own . It's never too late to benefit from quitting.

Quitting tobacco use can take a long time, especially if you have been using it for many years. To escape from this habit , you should try to space out the time between the first and last time using tobacco. When quitting tobacco, you will gain many benefits. As a matter of fact, within just minutes from quitting tobacco, there are many benefits that you gain instantly:

- In 20 minutes your blood pressure and pulse return back to normal
- In 8 hours nicotine and carbon monoxide levels in the blood are reduced by half
- Oxygen levels go back to normal when you quit smoking
- Carbon monoxide will be totally eliminated or removed from your body within a day
- Your lungs start to clear out the mucus and other smoking debris
- In 3 days, your breathing becomes less stressed
- After 3 to 9 months, coughing, wheezing and breathing problems are improved as your lung function is increased
- In 5 years, the risk of heart attack falls to about half that of a smoker
- In about 10 years, the risk of lung cancer will drop by half

In the next few page we have provided you information about programs and classes available to you to help you QUIT tobacco. Please take full advantage of all this information, and remember **YOU CAN QUIT!!**



Web Site Link <http://www.quitsmokingnowfirstcoast.com/index.html>

Program Phone Number: 1-877- QUIT-IT-NOW (1-877-784-8486)

Or email: InfoRequest@northfloridaahec.org

The **Quit Smoking Now** program was designed by an ex-smoker and is led by a trained facilitator, who will guide you through the many issues related to quitting smoking. Groups meet once a week, and each session lasts from about 60-90 minutes.

Class Starts: July 20th (6 Week Course- 1 Day a week) **YOU MUST CALL AND REGISTER FOR CLASS PRIOR TO ATTENDING**

Time: Starts @ 6pm and runs for 1 to 1 ½ hours

Located: Daytona State College in Daytona Beach FL

Charge: **FREE**

Aides Available: Patches, Lozenges, and gum also **FREE** of charge

Find an event (class) near you <http://www.quitsmokingnowfirstcoast.com/groups.html>

Frequently asked Questions

I want to join the Quit Smoking Now program, but I'm not sure if I can quit right now – can I still join?

Yes! The Quit Smoking Now program welcomes anyone who wants to quit smoking, even if they are not 100% ready to quit yet.

How long is the Quit Smoking Now program?

The Quit Smoking Now program lasts 6 weeks. Groups meet once a week, and each session lasts from about 60-90 minutes.

How much does this program cost?

The Quit Smoking Now program is always **free** to the public.

Can people go through the program more than once?

A person may go through the Quit Smoking Now program as many times as they need.

I use chewing tobacco. Is there anyone who can help me?

The Quit Smoking Now program was created with all tobacco users in mind. Anyone who uses any kind of tobacco products is welcome to join the program.

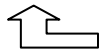
I don't know if I'll be able to get to any of the Quit Smoking Now locations. Is there any help for me?

Yes. Another option is provided by the Florida Quitline. This is a **free**, over-the-phone program made to help people quit smoking.



Web Site <http://www.tobaccofreeflorida.com/>

Program Phone Number: 1-877-822-6669



<https://www.quitnow.net/florida/>

Brochure about the Quitline: http://floridaquitline.com/assets/pdf/TFF_QuitlineBrochure.pdf

The quit line is more or less a phone based counseling service. Using both phone and mail you and your quit coach will be able to discuss the process and your troubles of quitting.

Cost: **FREE**

Aides Available: There are aids Patches, gum and lozenges available upon talking to a quit coach counselor first. These aids if determined appropriate are **FREE**

FOR FACE TO FACE CLASSES REFER TO QUIT SMOKING NOW (1877-QUIT IT NOW (784-8486))

Frequently Ask Questions for the Florida Quitline

Is Quitline only for cigarettes?

No. The Florida Quitline has specialists who are here to help you overcome your addiction to any form of tobacco, from cigarettes and cigars to dip and chew. When you call, just let us know your tobacco of choice and we'll tailor a plan to help you be Free.

Can you mail me free Nicotine Replacement Therapy without me calling the Quitline?

No. In order to receive free NRT you must speak with an intake specialist and complete counseling sessions via phone. Free NRT is available while supplies last.

Can I do counseling via email?

No. Quitline asks for your email address simply for an alternate method of contact if we cannot reach you by phone. Quitline services cannot be conducted via email.

When I receive a call from the Quitline, will it be evident on my caller ID?

No, when an intake specialist returns your call, your caller ID will display "ACS" which stands for American Cancer Society.



Volusia County
Health Department
Florida

Volusia County Health Department



Web Site:

<http://www.doh.state.fl.us/chd/volusia/TobaccoCessationClasses.html>

Class Info: 6 Weeks & FREE

FOR MORE INFO ON CLASSES AND LOCATIONS CALL (386) 274-0603



Quit Smart

Web Site: <http://www.quitsmart.com/>

Phone Number: 386-846-7366

Link to Brochure: <http://www.quitsmart.com/brochures/QSmrtCustomerBro2009.pdf>

Frequently Asked Questions: <http://www.quitsmart.com/faq.html>

Q.	What is Quit Smart?
A.	Quit Smart is available in a self-help stop smoking kit and, in many communities, as a three-session quit smoking class that utilizes the kit plus personalized coaching. Quit Smart combines several powerful treatment elements — including hypnosis, medication recommendations and a patented simulated cigarette — to produce a potent stop-smoking treatment. The program was developed by Dr. Robert Shipley, director of the Duke Medical Center Stop Smoking Clinic.

Enroll in a Quit Smart Stop Smoking Class and learn how to quit the smoking habit and overcome nicotine addiction. Quit Smart instructors are located throughout the U.S. Each quit smoking class includes a Quit Smart Stop Smoking Kit and personalized instruction from a Certified Quit Smart Leader. Individual instruction also is available, either in person or over the phone. Contact the Certified Quit Smart Stop Smoking Instructor nearest you for more information.

Classes in Daytona Beach

Donald Davis, MSW, LCSW.

Community classes, Worksite classes

phone: 386 846-7366

e-mail: ddavis@quitsmart.com

Cost: **\$130.00** includes materials, and lifetime coaching available by phone

Custom Sessions available for 3 or more enrollees at a discount price

Where: Available at 6 Florida Health Care Locations



Web Site: <http://www.ffsonline.org/>

Congratulations on making the commitment to quit smoking!

Freedom From Smoking® Online, or FFS Online, is a program specifically designed for adults, like you, who want to quit smoking. It's an adaptation of the American Lung Association's gold standard, group clinic that has helped thousands of smokers to quit for good.

FFS Online takes you through modules, each containing several lessons that you access through this protected website. These lessons include valuable information and most of them contain an assignment that you are to complete before moving on. The assignments reinforce the messages in each lesson and your commitment to quit.

FFS Online does not begin with quitting. The program takes you through several lessons first, ensuring that solid information about preparing to quit is given before Quit Day. Go ahead and progress through the lessons and modules until you complete the entire program. The beauty of FFS Online is that it can be accessed day or night, seven days a week, on any schedule you choose.

Video about Freedom from smoking Program: <http://www.ffsonline.org/video.html>

Cost: Three Month Premium Membership \$15.00

One Year Membership \$40.00