

QUITTING TAKES PRACTICE

WHEN CAN I CALL?

The Georgia Tobacco Quit Line is available everyday (7 days/week).

HOURS OF OPERATION:

Days: Monday-Sunday

Time: 8:00 am-midnight (EST)

Callers can call after hours, leave a message and will be contacted within two business days.

Refuse to lose your future to tobacco use.



A Free and Effective Service

The Georgia Tobacco Quit Line is a public health service funded by the Georgia Department of Public Health through the Georgia Tobacco Use Prevention Program (GTUPP). Counseling services are available at no-cost to Georgia adults, pregnant women and teens (ages 13 and older).

Georgia Tobacco Quit Line coaches are highly trained tobacco cessation specialists.

To learn more about the Georgia Tobacco Quit Line, please call our toll-free number:

1-877-270-STOP

1-877-270-7867 (English)

1-877-2NO-FUME (Spanish)

For Hearing Impaired:

TTY services: 1-877-777-6534

www.livehealthygeorgia.org

Georgia Department of Public Health
Georgia Tobacco Use
Prevention Program (GTUPP)
Two Peachtree Street, N.W.
Suite 16-252
Atlanta, Georgia 30303-3142
(404) 657-0603



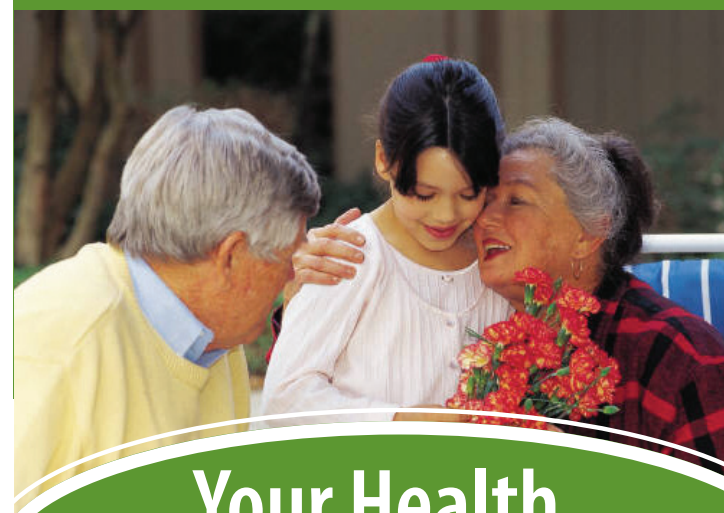
**Live
healthy
georgia**



Sources: U.S. Surgeon General Report, North American Quitline Consortium (NAQC), Smoke Free Families.

GEORGIA TOBACCO QUIT LINE

YOUR REASON FOR QUITTING TODAY



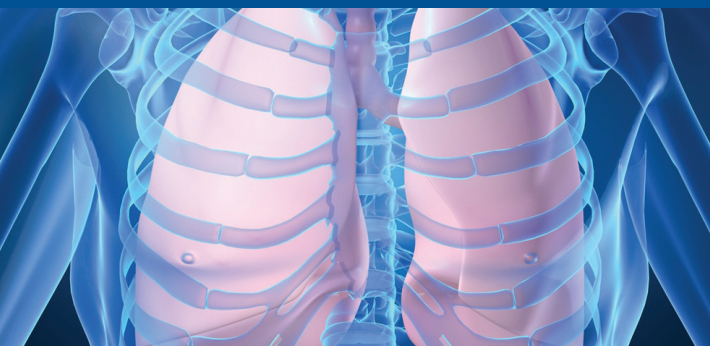
Your Health Your Family Your Future

Call the Georgia Tobacco Quit Line Today.
A Free and Effective Service That Helps Georgians Quit
Smoking and Using Tobacco

1-877-270-STOP (1-877-270-7867)
WWW.LIVEHEALTHYGEORGIA.ORG

Funding provided by the Centers for Disease Control and
Prevention-Office of Smoking and Health

Lung Cancer & COPD



A FEW GOOD REASONS TO CALL IT QUILTS TODAY.

Your Family and Friends- Live a healthier and longer life.

Live to enjoy more priceless moments with your family and friends. *They all need you.*

Your Health & Quality of Life- Tobacco use is a major cause of lung cancer and other types of cancer, heart disease and chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema. It also contributes to asthma, diabetes and pregnancy complications.

Your Finances- The average smoker spends \$500 to \$3,000 each year.

Your Future- Live a longer life to enjoy retirement.

Take your first step.

When you are ready, we are here. Call to get your free “Quit” kit and plan, professional counseling and referral services and helpful tips.

Benefits of Quitting Tobacco



HEALTH IMPROVES WITH TIME

20 Minutes After Quitting
Your heart rate drops.

2 Weeks to 3 Months After Quitting
Heart attack risk begins to drop. Lung function begins to improve.

1 to 9 Months After Quitting
Coughing and shortness of breath decrease.

1 Year After Quitting
Added risk of coronary heart disease is half that of a smoker's.

Within 5 Years of Quitting
Risk of cancer of the mouth, throat and bladder is cut in half.

10 Years After Quitting
Risk of dying from lung cancer drops by half.

Heart Disease and Stroke



BENEFITS OF CALLING THE GEORGIA QUIT LINE

Callers are greeted by a Quit Line Coach trained in evidence-based cessation counseling.

Callers receive FREE:

- Helpful quitting tips/techniques & support.
- A personalized Quit Plan, self-help materials and “Quit” kit.
- Current information about local tobacco cessation support groups and resources.
- Current information about Food and Drug Administration (FDA) approved medicines that can help with cessation.

Callers are encouraged to speak with their physician, pharmacist and nurse about safe and effective options to help with quitting.

HEALTHCARE PROFESSIONALS:

Please visit the “Be Smoke-Free” section at www.LiveHealthyGeorgia.org to access the Georgia Tobacco Quit Line Referral Form and information.

Georgia Tobacco Quit Line 1-877-270-7867 (Toll-Free)