

Benefits of Tobacco Cessation

**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 decreases.

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.

**Take your first step.
When you are ready,
we're here.**

Call to get your free "Quit" Kit and plan,
professional counseling and referral
services and helpful tips.

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.dph.georgia.gov/ready-quit

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



**Your Reason for
Quitting Today**



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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 (English)
1-877-270-7867

1-877-2NO-FUME (Spanish)
1-877-266-3863

For Hearing Impaired:
TTY Services: 1-877-777-6534

www.dph.georgia.gov/ready-quit

Georgia Department of Public Health Georgia Tobacco Use Prevention Program (GTUPP)

Two Peachtree Street, N.W., 16th Floor, Atlanta, Georgia 30303-3142, (404) 657-6637

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



Quitting Takes Practice

When Can I Call?

The Georgia Tobacco Quit Line is available 24 hours a day, 7 days a week (including holidays).



Healthcare professionals:

Please visit the *Ready to Quit* webpage at www.dph.georgia.gov/ready-quit to access the Georgia Tobacco Quit Line Referral Form and information.

For free training on Asking, Advising and Referring, register for the Engaging Tobacco Users: Tips for Health Care Providers in Georgia online provider training at www.GAtobaccointervention.org.

Refuse to Lose Your Future to Tobacco Use

Sometimes success requires a little help. One important step to improving your health is to quit smoking.

Whether you want to quit today, or if you tried to quit in the past and have questions, the Georgia Tobacco Quit Line is available 7 days a week to help you quit for life.

A FEW GOOD REASONS TO CALL IT QUILTS TODAY.

- **Your Family and Friends**— Live a healthier and longer life.
- **They All Need You**— Live to enjoy more priceless moments with your family and friends.
- **Your Health and 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 contributes to asthma, diabetes and pregnancy complications.
- **Your Finances**— The average smoker spends \$500 to \$3000 each year.
- **Your Future**— Live a longer life to enjoy retirement.

Does the Tobacco Quit Line Work?

Evidence shows that callers who enroll in Tobacco Quit Line services are 2-4 times more likely to succeed than those who try to quit on their own.

Who Can Call? All Georgians

The Georgia Tobacco Quit Line is available to all Georgia adults, pregnant women and teens age 13 and older who want to quit using tobacco.

Anyone can call the Georgia Tobacco Quit Line.

- Family members and friends – to learn more about supporting a loved one.
- Healthcare providers – to support their patients.
- Employers – to support their valued employees.
- School staff – to support their students and co-workers.

What Happens When You Call?

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

- Helpful quitting tips/techniques and support for all tobacco products including Electronic Nicotine Delivery Systems (e-cigarettes and vapes).
- A personalized Quit Plan, self-help materials and “Quit” kit.
- Current information about local tobacco cessation support groups and resources for adults and youth.
- Current information about Food and Drug Administration (FDA) approved medications that can help with cessation for individuals 18 years and older.

