

### What Smoking Does to You...

- Causes you to be sick more often
- Makes your skin wrinkle
- Stains your fingers and fingernails yellow
- Makes your hair and nails dry and brittle
- Causes you to have bad breath
- Stains your teeth yellow
- Dulls your sense of smell and sense of taste
- Makes your clothes stink
- Wastes your money

### Benefits of Tobacco Cessation

#### Health improves within minutes of quitting:

##### 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.

**When you are ready,  
we're here.**

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](http://www.dph.georgia.gov/ready-quit)**

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



# Quitting Takes Practice



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## Quick Facts

### Electronic Nicotine Delivery Systems (ENDS) or E-Cigarettes

- Youth use of nicotine in any form, including ENDS, is unsafe.
- ENDS contain nicotine which is toxic and highly addictive.
- Nicotine impairs lung growth and development.
- Smoking a hookah for 60 minutes is equivalent to smoking 100 cigarettes.
- Because the adolescent brain is still developing, nicotine use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction.
- Poisonings have resulted among users and non-users due to ingestion of nicotine liquid, absorption through the skin, and inhalation.

## 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 service 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 specialist.

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](http://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.



# The Best Time to Quit is Now

**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.**

## What to Expect when You Quit

When you quit smoking you can expect changes to your body, emotions and relationships. Becoming aware of these changes makes it a lot easier to figure out what to do to stay on track and avoid sabotage of your plans.

### Withdrawal

Many young smokers that quit have no withdrawal at all. Your expectations will play a big part in whether quitting is easy or hard. By being positive and focusing your attention on other things, you help control how withdrawal affects you.

## Planning for Your Quit Day

High motivation to quit can carry you through the most difficult situations, but a good plan makes quitting a whole lot easier.

## Strategies to Resist Smoking

Quitting requires you to find new ways to cope with everyday challenges. Whether it's the urge to smoke after meals, stress from school, or hanging out with friends who smoke, you must be prepared with ways to not fall into the old pattern of lighting up.

## 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 In?

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

- Helpful quitting tips/techniques & 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.

