

Kansas Tobacco Quitline

www.QuitNow.net/Kansas or 1-800-QUIT-NOW

What is the Kansas Tobacco Quitline?

The Kansas Tobacco Quitline www.QuitNow.net/Kansas or 1-800-QUIT-NOW (784-8669) provides free one-on-one coaching to help tobacco users quit. The Quitline is available 24 hours a day/7 days a week online or by phone. Telephone counseling is available in English, Spanish and 150 other languages. Trained Quit Coaches provide participants support to create an individual plan for quitting tobacco and fighting cravings. This free service is available to Kansans who are ready to quit any form of tobacco. The Quitline is provided through a partnership between the Kansas Department of Health and Environment and Alere Wellbeing.

What can you expect from the Quitline?

- Confidential, personalized support
- One-on-one e-mail, live chat or phone sessions with a certified cessation counselor
- To set a quit date within a couple of weeks of registration
- In-depth information on nicotine replacement therapy (patches, etc.) and cessation medications
- Telephone assistance in English or Spanish and translation for more than 150 other languages



What are the benefits of quitting tobacco use?

- Save money. A pack-a-day smoker can save \$150 a month (almost \$2,000 a year) by quitting smoking.
- 1 year after quitting smoking the excess risk of heart attack and death from heart disease is cut in half.
- 10 years after quitting smoking the lung cancer death rate is about half.
- 5 - 15 years after quitting smoking the stroke risk is reduced to that of a nonsmoker.
- Smokers who quit by age 30 eliminate nearly all excess risk associated with smoking.
- Smokers who quit before age 50 cut their risk of dying in the next 15 years in half.
- Quitting smokeless tobacco will reduce the risk of mouth and throat cancer.

Many tobacco users understand the benefits of quitting and are trying to quit. In a recent survey more than half of Kansas adult smokers reported they were trying to quit. When you are ready to quit tobacco visit www.QuitNow.net/Kansas or call 1-800-QUIT-NOW (784-8669), we can help!

