

# preparation



Here are some steps to start you off on your goal to becoming smoke-free...

- If you have tried to quit before, think about why it didn't work. What made you slip up? What can you do different this time?
- Consider setting a quit date within the next three weeks.
- When you feel like you want a cigarette, wait! The urge will pass in a minute or two, whether you smoke or not.
- Try to cut out 1-2 cigarettes a day the first couple of days, then another 1-2 for the next couple of days, etc.
- Get support from your family and friends.  
Let them know how they can help you:
  - not smoke around you
  - distract you when you are having a craving
  - hang out with you somewhere you can't smoke

- Consider the use of FDA approved cessation therapy:
  - Over the Counter Nicotine Medications
    - Nicotine patch, gum or lozenge
  - Prescription Nicotine Medications
    - Prescription NON-Nicotine Medications
      - Chantix (Varenicline)
      - Wellbutrin (Bupropion/Zyban)

# benefits of quitting

- Within 24 hours
  - Your chance of a heart attack decreases
  - Carbon monoxide levels decrease rapidly
- After 48 hours
  - Your sense of taste and smell sharpen
  - Your breath, hair, fingers, and teeth will be cleaner
- After one week
  - Your major withdrawal symptoms improve
  - You'll have about \$50 more in your pocket!
- After one month
  - Lung capacity increases
  - Nicotine is cleared from your system
  - You are \$200 richer!



# TOBACCO CESSATION



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If you're reading this brochure, either you or someone you know is thinking about quitting tobacco use. The good news is that there is help available in Lake County! Use this brochure as a guide to find the resource that best fits your lifestyle and habit.



## resources:

### Illinois Tobacco Quitline

The ITQ is a FREE resource for tobacco users who want to quit. Treatment is provided by registered nurses, respiratory therapists, and certified tobacco treatment counselors. Here are a few other facts on the ITQ:

- Open 7 days a week from 7 am – 11pm
- Can provide translation for more than 200 languages
- Provides nicotine patches to those who qualify

Call the ITQ at 1.866.QUIT YES; or visit them online:  
[www.quityes.org](http://www.quityes.org)

### Freedom From Smoking Online

American Lung Association

This program is designed to help smokers learn about their habits and to learn the process of quitting through relaxation techniques and behavior modifications. For general information or to register, visit: [www.ffsonline.org](http://www.ffsonline.org)

### Tobacco Cessation Program

This is an individualized private consultation with a certified tobacco treatment specialist. Discussions surround steps to quitting, medication options and follow-up phone calls for support. For more information and to make an appointment call **1.847.620.7600**

Northwestern Lake Forest Hospital

For help quitting, contact Karin Rogers:  
**847-535-7442**

### Lake County Health Department (LCHD)

LCHD offers individualized, group, and telephone tobacco cessation counseling with a certified tobacco treatment specialist (CTTS). Together with the CTTS, you pick your quit date, discuss medication options, and develop a personalized plan for quitting. For more information or to register, call **847.377.8090**

**TRICARE and VA beneficiaries:** James A. Lovell  
Federal Health Care Center, **1-800-393-0865, ext 85531**

**TRICARE beneficiaries:** Health Net Federal Services'  
Tobacco Cessation Resources, [www.hnfs.com/go/tobacco](http://www.hnfs.com/go/tobacco)

Military/Veteran online quit program: [www.ucanquit2.org/train2quit](http://www.ucanquit2.org/train2quit)

