



You *can*
quit smoking!

Talk with your doctor.

QUITWORKS can help!



You *can* quit smoking.

We did.



"I used the money to buy a bike. Now I ride 10 to 20 miles a day."

– **David, Carver**
Smoked for 20 years
Smoke-free 5 years

"Removing triggers is key. Don't set yourself up for failure."



– **Anika, Wareham**
Smoked for 20 years
Smoke-free 9 months

Talk with your doctor about quitting smoking

- How will quitting help your health?
- Is there a medicine that you should try?
- What kind of support would be best?



"My family means more to me than a pack of cigarettes."

– **Tito, Revere**
Smoked for 20 years
Smoke-free for 4 years

You can quit smoking.

Talk with your doctor about how to make quitting easier.

Using quit smoking coaching or medicines can double your chances of quitting for good!

Support from a trained coach can help you understand why you smoke and help you make changes so that quitting is easier.

Ask your insurance which quit smoking medications and which types of supportive counseling are covered through your plan.

Ask your doctor about medicines to help you quit

These medicines can help you stop smoking. They are not addictive.

- **Nicotine Replacement Therapy (NRT)** includes the nicotine patch, gum, and lozenge, which are available without a prescription. NRT helps you with cravings by giving your body a small, steady amount of nicotine that can be started even before your quit date.
- **Zyban (bupropion SR)** is a pill that can help with cravings and other withdrawal symptoms. You start taking it about one week before you quit smoking. Your doctor must prescribe it.
- **Chantix (varenicline)** is a pill that helps with cravings and other withdrawal symptoms. It also blocks the part of the brain that gives smoking its kick. Your doctor must prescribe it.

Ask your doctor to refer you to QuitWorks

QuitWorks is a free telephone service to help you quit smoking or using other tobacco products. You can set up times for a quit coach to call you during your first few weeks of quitting.

Here's how to get started with QuitWorks:

- Your doctor signs you up for QuitWorks.
- Then your coach calls you, and together you set your goals for quitting.
- You have private telephone conversations with your coach.
- Your coach talks with you about how to deal with the stress and feelings that go along with quitting.
- Your coach tells you about stop smoking medicines like the nicotine patch, gum, and prescriptions.
- With your permission, QuitWorks lets your doctor know how you're doing.
- Remember, it's free, and it's effective!

QUITWORKS

can help you quit smoking.



Talk with your doctor today!

For more information about quitting smoking:

Massachusetts Smokers' Helpline

1-800-QUIT-NOW (1-800-784-8669)

Spanish: 1-800-8-DÉJALO
(1-800-833-5256)

www.makesmokinghistory.org



Massachusetts Department
of Public Health

Make smoking history.