

Tapering:

Cutting down and reducing your tobacco until the quit day. If you usually use 30 cigarettes daily, cut down to 25, then 20 to 15, to 10 and then QUITTING.



Postponing:

Choosing not to start using tobacco until later in the day. For example: if you usually start using tobacco at 6 am, postpone to start at 9, then 12, then 3 pm, then 6 pm, then 9 pm, then QUIT.



Medications:

There are several medications which help tobacco product users quit! This includes - Nicotine Replacement Therapy (patches and/or gum) and pills (Zyban and Chantix) which are one part of a comprehensive treatment program.



Point of Contact

Maggie Malson 953-9248



Navy Hospitals and Clinics offer Tobacco Cessation counseling to help tobacco product users quit for good!

Check out Quit Lines at your convenience for self-help information:

TRICARE'S toll-free Smoking Cessation Available 24/7.
North (866) 459-8766
South (877) 414-9949
West (866) 244-6870

DOD quit tobacco:
www.ucanquit2.org

VA State Quit Line:
www.1800quitnow.org

American Lung Association:
www.lungusa.org

CDC Office on Smoking and Tobacco Use:
www.cdc.gov/tobacco

Navy and Marine Corps Public Health Center:
www.nmcphc.med.navy.mil



Make a Decision to Quit!

Create a Plan to Quit

Get ready physically and mentally.



Know Your Reasons for Quitting Tobacco

Benefits:

“I will be healthier.”

“I will live longer.”

“I will save money.”



Find a Support System

Family, Friends, Co-workers



Get tips for quitting.

Create a Quit Kit

- Sugarless gum
- Sugarless hard candy
- Cinnamon Sticks
- Hard apples
- Toothpicks



Develop Your Plan

How will I quit?

Set a quit date.



Ways to Quit Tobacco Use



Cold Turkey:

Quitting tobacco use on your quit day.

- Stay focused on your reason for quitting
- Drink lots of water
- Stay busy
- Avoid tobacco product users and your usual places to use tobacco

