





# Smoking Cessation Resources

If you want to...	Talk to...	Information you should know...	Benefits...
<p><b>Stop Smoking Contact ...</b></p> 	<p>Talk to your doctor or QUITLINE about nicotine replacement therapy and other medicine to help with withdrawal.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>(Names and numbers of other supportive contacts...)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>QUITLINE Iowa is free and it works! Why I want to stop smoking:</p> <p>_____</p> <p>_____</p> <p>QUITLINE can help you with your stop-smoking plan. Set your date - when I plan to stop smoking:</p> <p>_____</p> <p>_____</p> <p>Anticipate cravings and plan alternative activities for when the urge to smoke hits you. I plan to replace my smoking cravings by:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>The whole family can benefit - avoiding secondhand smoke.</p>  <p>Live longer. Be happy.</p>
<p><b>Set quit date and create a quit plan – QUITLINE Iowa can help.</b></p> 	<p>Tell others about your plan; ask friends, family and colleagues for their support.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>(Name and number of my support contact persons ...)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>FAX Referral to QUITLINE Iowa:</b></p> <p>_____</p> <p>_____</p> <p>Talk to your local <i>Care for Yourself</i> Coordinator to order QUITLINE Iowa brochures, posters, or wallet-sized QUITLINE cards in English or Spanish; contact: Iowa Substance Abuse Information Center (ISAIC) Toll free: 1(866) 242-4111, FAX: (319) 861-2869, <a href="http://www.drugfreeinfo.org">www.drugfreeinfo.org</a></p> <p><b>Additional Information:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Be more heart healthy!</p> <ul style="list-style-type: none"> <li>• Replace smoking cravings with a walk in your community</li> <li>• Join a stop-smoking support group in your community</li> <li>• Record your cravings, time and place. in a journal</li> <li>• Snack on vegetables when you get a craving to smoke</li> </ul>
<p>QUITLINE Iowa is free and it works.</p> 		<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	