

Do you want to QUIT?

- **Call the toll-free South Dakota Quitline** at 1-866-737-8487.
- **List your reasons to quit.** Keep them in mind through tough times.
- **Build a quit team.** Your friends, family, doctor, and/or dentist Let them know you're quitting so they can support you.
- **Set a quit date.** Mark your calendar and let everyone know.
- **Tune in to your triggers.** Plan other things you can do at those times.
- **Make your quit day different and special.** Change your routine, exercise. Drink lots of water and do something special for yourself.
- **Don't give in to cravings.** These usually last for only 3-5 minutes.
- **Be prepared for a slip or relapse.** It's not a sign of failure.

Don't give up!

Falls
COMMUNITY
HEALTH



Live Well
Sioux Falls
livewellsiouxfalls.org

// Feel Well. Live Well.

Tobacco Use





Tobacco Types

Cigarettes: Thin cylinder of finely cut tobacco rolled in paper for smoking.

Benefits of quitting:

- **Decreased blood pressure** and pulse rate.
- Ability to taste smell greatly improves.
- Risk of cancer of the mouth, throat, or esophagus **is cut in half**.
- Risk of lung cancer **is about half that of a smoker**.

Spit Tobacco: Smokeless tobacco product which is sold as a ground product or as shredded leaves.

Benefits of quitting:

- **Cuts in half your risk of cancer** of the mouth and throat.
- **Reduces your risk of high blood pressure**, heart attack, and stroke.
- **Reduces your risk of gum disease** and tooth loss.



E-Cigarettes

E-cigarettes are battery-operated products designed to deliver nicotine, flavor, and other chemicals. E-cigarettes have not been fully studied, so consumers don't know:

- The potential risks of e-cigarettes when used as intended.
- How much nicotine or other potentially harmful chemicals are being inhaled during use.
- Whether there are any benefits associated with using these products.

Save Money!

Try thinking of ways you can use the money you will save and use them as motivation to help you stick to your quit date goal.

Cost per pack: \$6.23

Packs per day: 1

Packs per week: \$43.61

Packs per month: \$186.90

Money saved in 1 year: \$2,273.95

Money saved in 10 years: \$22,740

Resources

South Dakota QuitLine

- Free professional advice.
- Free quitting tobacco workbooks and materials.
- Free nicotine withdrawal medication.
- Referral to local cessation services, if requested.

When you call, your "quit coach" will help you create a personal plan to help you stop. Your coach will also schedule coaching sessions that are convenient for you. All by phone!

More info: 1-866-737-8487.

Smokefree Text

SmokefreeTXT is a mobile text messaging service designed for adults and young adults across the U.S. to get 24/7 encouragement, advice, and tips.

More info: smokefree.gov/smokefreetxt

Smokefree Apps

NCI QuitPal is a free smartphone app to support smokers working to become smokefree.

More info: smokefree.gov/apps-quitpal

Library Resources

BOOKS

Title	Call Number
Smoking 101	616.86 Hyde
How to stop smoking and stay stopped for good (CD-Book)	616.865 Riley
The facts about nicotine	613.85 LeVert