

Benefits of Tobacco Cessation

Tobacco use is a major cause of various forms of cancer, chronic obstructive pulmonary disease (COPD) and heart disease.

Health improves within minutes of quitting:

2 Weeks to 3 Months After Quitting

Heart attack risk begins to drop.
Lung function begins to improve.

1 to 9 Months After Quitting

Coughing and shortness of breath decreases.

1 Year After Quitting

Added risk of coronary heart disease is half that of a smoker's.

Within 5 Years of Quitting

Risk of cancer of the mouth, throat and bladder is cut in half.

10 Years After Quitting

Risk of dying from lung cancer drops by half.

When you are ready, we're here.

Call the Georgia Tobacco Quit Line today. A free and effective service that helps Georgians quit smoking and using tobacco.

1-877-270-STOP (1-877-270-7867)

www.dph.georgia.gov/ready-quit

Funding provided by the Centers for Disease Control and Prevention Office of Smoking and Health

Georgia Department of Public Health
Georgia Tobacco Use Prevention Program (GTUPP)

Two Peachtree Street, N.W., 16th Floor,
Atlanta, Georgia 30303-3142, (404) 657-6637

Sources: U.S. Surgeon General's Report,
North American Quitline Consortium (NAQC),
Smoke-Free Families.



Your Reason for Quitting Today



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A Free and Effective Service

The Georgia Tobacco Quit Line is a public health service funded by the Georgia Department of Public Health through the Georgia Tobacco Use Prevention Program (GTUPP). Counseling services are available at no-cost to Georgia adults, pregnant women and teens (ages 13 and older).

Georgia Tobacco Quit Line coaches are highly trained tobacco cessation specialists.

To learn more about the Georgia Tobacco Quit Line, please call our toll-free number:

1-877-270-STOP (English)

1-877-270-7867

1-877-2NO-FUME (Spanish)

1-877-266-3863

For Hearing Impaired:

TTY Services: 1-877-777-6534

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Quitting Takes Practice

Remember the 5 Ds

These are five simple steps to help you become tobacco-free.

1. Delay. Don't reach for that cigarette. The longer you delay, the less likely you are to smoke.
2. Do something different. Go for a walk. Treat yourself to a healthy snack.
3. Deep breathe. Take 4 slow breaths.
4. Don't go where people are smoking. The smoke from other people's cigarettes is also harmful to you and your baby's health.
5. Drink water. Drink at least 8 glasses of water daily.

Healthcare professionals:

Please visit the *Ready to Quit* webpage at www.dph.georgia.gov/ready-quit to access the Georgia Tobacco Quit Line Referral Form and information.

For free training on Asking, Advising and Referring, register for the Engaging Tobacco Users: Tips for Health Care Providers in Georgia online provider training at www.GAtobaccointervention.org.

The Best Time to Quit is Now

For Your Health

Quitting smoking early in pregnancy is best. The sooner you quit during your pregnancy also helps you and your baby.

When you are pregnant, everything that goes into your body also goes into your baby. This includes what you eat, drink, breathe and even drugs you take.

Tobacco use is very harmful to pregnant women as well as their unborn children. Tobacco smoke may damage the tissues of an unborn baby's growing brain and lungs

Harmful chemicals for tobacco can get into your baby's bloodstream. These chemicals can harm the baby's health and limit the baby's growth.

For Your Baby

Tobacco use can lead to pregnancy problems including premature birth, low birth-weight babies, miscarriage, and sudden infant death syndrome (SIDS).

Quitting smoking while you are pregnant can protect your baby from harm and:

- Increase the chances your baby's lungs will work well.
- Lowers the risk that your baby will be born too early.
- Increases your chances of having a normal weight, healthy baby.

Take your first step. Talk with your doctor and nurse today about safe tobacco cessation options.

When You are Ready, We are Here

Call to get your free "Quit" Kit and plan, professional counseling as well as referral services.

For Your Future

There are plenty of benefits to quitting while you are pregnant and remaining tobacco-free after your baby is born:

- Saves you money that can be spent on more important things.
- Fewer coughs and colds for you and your baby.
- Healthier breast milk.
- Make your clothes, home and car smell better.
- Gives you more energy and helps you breathe easier.

Quitting tobacco use can lead to a longer and healthier life. Live to celebrate precious moments and watch your family grow and thrive. They need you.

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