

Tobacco Cessation Information

Tobacco is a leafy plant that contains the chemical nicotine. Nicotine affects your brain and causes you to become addicted to it. Tobacco may be:

- Smoked as a cigarette or cigar.
- Inhaled using e-cigarettes.
- Smoked in a pipe or hookah.
- Chewed as smokeless tobacco.
- Inhaled into the nostrils as snuff.

Both inhaled and non-inhaled nicotine may be addictive.

Why Quit?

Tobacco contains other unsafe chemicals that can damage almost every organ in the body. Tobacco use raises your risk of many cancers and serious chronic diseases. Smoking tobacco also puts others in danger due to fire risk and possible health problems caused by breathing in secondhand smoke.

Nicotine triggers hormones that make the body feel stimulated and works on areas of the brain that make you feel good. These effects can make stopping tobacco difficult, but quitting is one of the best things that you can do for your health. It is never too late to quit.

Many people are unable to quit on their own and need help. Before quitting, work with your health care provider to make a plan and discuss treatments that can help you manage quitting.

Treatments That Can Help You Quit

- Nicotine replacement therapy (NRT). NRT gradually lowers the dosage of nicotine in the body and reduces withdrawal symptoms. NRT is available as:
 - Over-the-counter gums, lozenges, and skin patches.
 - Prescription mouth inhalers and nasal sprays.
- Medicine that acts on the brain to reduce cravings and withdrawal symptoms.
- A type of talk therapy that examines your triggers for tobacco use, how to avoid them, and how to cope with cravings (behavioral therapy).
- Hypnosis. This may help with withdrawal symptoms.
- Joining a support group with others who want to quit.

The best treatment is usually a combination of medicine, talk therapy, and support groups.

Recovery can be a long process. Many people start using tobacco again after stopping (relapse). If you relapse, it does not mean that treatment will not work.

Resources

Websites

National Cancer Institute www.smokefree.gov

American Lung Association: www.freedomfromsmoking.org

American Cancer Society: www.cancer.org

Department of Health and Human Services: www.BeTobaccoFree.gov

State Specific Programs

Pennsylvania Department of Health: www.pa.quitlogix.org

Ohio Department of Health: www.ohio.quitlogix.org

West Virginia Department of Health: www.dhhr.wv.gov/wvntp/quitline

Quit Lines - Free Telephone-Based Counseling

The Lung Helpline 1-800-LUNGUSA (1-800-586-4872)

National Cancer Institute State Tobacco Quitlines 1-800-QUIT-NOW (1-800-784-8669)

Smoke Free Text Messaging Program National Cancer Institute

Text QUIT to 47848 on your mobile phone

QuitGuide App

Download "QuitGuide" from Apple Store or Google Play

For QuitGuide App technical support email smokefreeteam@icf.com

Medical Insurance Plans

Many insurance plans offer free support for quitting

Call the Member Services phone number on your insurance card to find out

Heritage Valley Beaver

1000 Dutch Ridge Road
Beaver, PA 15009

Heritage Valley Kennedy

25 Heckel Road
McKees Rocks, PA 15136

Heritage Valley Sewickley

701 Broad Street
Sewickley, PA 15143