



Healthy Orange Says...

Be a quitter! Ring in the New Year healthier!

Successful quitting is a matter of planning and commitment, not luck. Decide now on your own plan. Some possibilities include cold turkey method, tapering off, delay method, using the nicotine patch or gum, joining a tobacco cessation class, going to Nicotine Anonymous meetings, or using self-help materials such as books and pamphlets. Your plan should include one or more of these options.

There is no one right way to quit. Quitting tobacco is a lot like losing weight; it takes a strong commitment over a long period of time. Users may wish there was a magic bullet - a pill or method that would make quitting painless and easy. But that is not the case. Nicotine Replacement Therapy (NRT) can help reduce withdrawal, but they are most effective when used as part of a stop tobacco use plan that addresses both the physical and psychological components of quitting. Before using any pharmacotherapy, it is advised that you speak with your medical provider.

Here are some steps to help you prepare for your Quit Day:

- Pick the date and mark it on your calendar.
- Tell friends and family about your Quit Day.
- Stock up on oral substitutes - sugarless gum, carrot, celery and cinnamon sticks and/or hard candy.
- Decide on a plan. Will you go “cold turkey”, will you attend a class? If so, sign up now (845-568-5238)
- Set up a support system. This could be an OCDOH Tobacco Control Program group class, Nicotine Anonymous, or a friend who has successfully quit and is willing to help you with tough situations.

Where Can I Go for Help?

It is hard to give up tobacco. But if you are a tobacco user, you can quit! Many organizations offer information, counseling, and other services on how to quit as well as information on where to go for help. Other good resources where help can be found include your doctor, dentist, local hospital, or employer. If you want to quit and need help, contact one of the following organizations.

- 🍊 **Orange County Department of Health**
Healthy Orange Free Cessation Program
845-568-5238
- 🍊 **New York State Smoker’s Quitline**
1-866-697-8487 (NY-QUITS)
www.nysmoke-free.com
- 🍊 **American Cancer Society**
1-800-ACS-2345
Internet address: www.cancer.org
- 🍊 **American Heart Association**
1 800-242-1793 (call center) or 800-242-1793
Internet address: www.amhrt.org
- 🍊 **American Lung Association**
1 800-586-4872 or 212-315-8700
Internet address: www.lungusa.org
- 🍊 **Nicotine Anonymous**
1-877-TRY-NICA (1-877-879-6422)
Internet Address: www.nicotine-anonymous.org