

# Plan to Quit Chewing Tobacco

Healthy Tips & Ideas



Chewing tobacco is not a safe alternate to cigarettes and can be just as addictive.

It causes 75% of mouth and throat cancers. Chewing tobacco can also cause other diseases such as gum disease and heart disease.

Quitting takes hard work, but the first step is planning to quit. To make a plan to quit chewing tobacco, follow these simple tips:

**Get ready** Think about times you have tried to quit and be aware of what has and hasn't worked. Set a date to quit and stick to it!

## **Get support and encouragement**

Make a list of why you want to quit and share it with friends and family. Support from friends and family can help you quit. Talk to your health care provider about quitting.

**Change your routine** Changing your behavior will help you quit. Exercising can help reduce your stress. Keep yourself busy. Drink lots of water. Try chewing on sunflower seeds, gum or pretzels.

**Be prepared for the challenge** Quitting can be difficult for many people. Be aware of what activities you do while chewing tobacco. Remember that you are improving your health by quitting.

**My quit day is:** \_\_\_\_\_

**Contact information for people who will support and encourage me:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Activities and ways I can help myself during this time:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I can call the Wisconsin Tobacco Quit Line for extra help and advice:**  
1-800-QUIT-NOW (1-800-784-8669)

# Plan to Quit Chewing Tobacco

## Where can I get more information?

The Wisconsin Tobacco Quit Line offers free coaching, planning assistance, tips on how to quit and a free two-week supply of the nicotine gum, patch or lozenge.

**Phone:** 1-800-QUIT-NOW (1-800-784-8669)

**Website:** [www.ctri.wisc.edu/quitline.html](http://www.ctri.wisc.edu/quitline.html)

The University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI) has information about smoking cessation for researchers, healthcare providers, tobacco users, insurers, employers and advocates.

**Phone:** 608-262-8673

**Website:** [www.ctri.wisc.edu](http://www.ctri.wisc.edu)

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

**Phone:** 1-800-4CANCER (1-800-422-6237)

**Website:** [www.cancer.gov](http://www.cancer.gov)

The Rural Cancer Network (RCaN) offers other user-friendly, cancer educational handouts. For more tips about how to quit tobacco, please see the “Quit Tips for the First Week: Healthy Tips & Ideas” handout.

**Website:** [www.ruralcancernetwork.org](http://www.ruralcancernetwork.org)



**Carbone Cancer Center**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH



**For more local information, please contact:**

Place label here