

# Plan to Quit Tobacco

## Healthy Tips & Ideas



Tobacco use is one of the leading causes of cancer, especially lung cancer. In Wisconsin, lung cancer is one of the most common cancers for both men and women.

Tobacco increases your risk of getting other types of cancers. Tobacco also increases your heart rate and blood pressure. Tobacco includes snuff, smoking and chewing tobacco.

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

**Get ready** Set a date to quit and stick to it!

### **Talk to your health care provider**

There are medications that can help you quit. Talk to your health care provider to see if medication is right for you.

**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.

**Change your routine** Changing your behavior can help you quit. Exercising can help reduce your stress. Keep yourself busy. Drink lots of water. Avoid alcohol.

**Plan rewards** You should plan fun things to do to celebrate quitting and to keep you motivated. You will also have extra money since you won't be buying tobacco products.

**Be prepared for the challenge** Quitting can be difficult for many people. Remember you are improving your health by quitting.

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

**Medication(s) that I will use:**

\_\_\_\_\_

**Contact information for people who will support and encourage me trying to quit:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Instead of using tobacco, I will:**

\_\_\_\_\_

\_\_\_\_\_

**My reward for quitting tobacco will be:** \_\_\_\_\_

\_\_\_\_\_

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

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## 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)

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

Place label here

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