A free service to help you quit!

What does a quitline do?

Tobacco quitlines use trained specialists to help you quit smoking. If you have already quit, they can help you stay off cigarettes.

How do they provide this help?

They support you by listening and offering advice. The quitline specialist will take the time to understand your situation and make a plan that is right for you. They will talk with you about what you have tried in the past and ask some other questions about your lifestyle. If you are having difficulty quitting, your specialist will work to get you back on track. If you have already quit, they can help you plan how to stay off cigarettes.

When should I call?

Call any time. But don't delay – the sooner you quit smoking for good, the longer you will extend your life.

What will happen when I call?

Your first call will be to schedule an appointment with your specialist. The first session will last about 45 minutes with calls after that lasting about 10-15 minutes. The number of sessions is determined by you and the specialist together, but most people find four to five calls are enough. The same quitline specialist works with you for all sessions. If at any time you decide to stop using the quitline, just tell them and they will not call again.

Can a quitline provide medications to help me quit?

Many tobacco quitlines can arrange to have certain medications delivered free of charge. Some examples include nicotine patches, gum and lozenges. The specialist can also tell you about medications that are available without a prescription at your local drugstore.

What about my privacy?

All calls into the quitline are confidential. No information is shared unless you choose to do so.

Call this free number **1-800-QUIT-NOW** (1-800-784-8669) today to be connected with your local tobacco quitline.

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Be **Smoke-Free** for **Surgery**

Why you should stop smoking for your surgery and how you can get help

Anesthesiologists care about your **health!**

We are the American Society of Anesthesiologists, a medical association dedicated to improving your health before, during and after surgery.

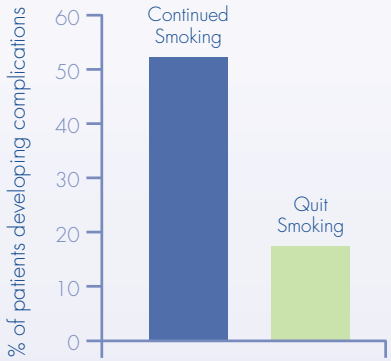
Smokers require special care when undergoing anesthesia for surgery, because smoking increases the risks of problems. As a commitment to patient safety, the ASA wants to help you or your loved one quit smoking for good!

Why do anesthesiologists recommend that you stop smoking before and after surgery?

Reason 1: Within 12 hours of quitting, your heart and lungs start working better. The nicotine and carbon monoxide levels in your body get lower, improving blood flow and reducing the chances of problems.

Reason 2: Quitting smoking helps you get better faster. Some problems, such as your surgical incision getting infected after surgery, can be avoided if you stop smoking now.

Smokers who quit before orthopedic surgery experience a dramatic decrease in the overall rate of complications after surgery, mainly caused by a decrease in the rate of wound infections.



Moller et al, Lancet 359:114, 2002

Surgery is also a great time to quit smoking for good. Why?

Reason 1: Sometimes surgery will make you think about your health and how to make it better. Quitting smoking is one of the best ways to improve your health.

Reason 2: Because there are so many other things to think about, most people are free from cigarette cravings around the time of surgery.

Reason 3: In many cases, your surgery will keep you in the hospital for a few days. Hospitals are smoke-free, which gives you a great start on kicking the habit.

If you have thought about quitting for good, there is no better time than now that you are having surgery.

Reason 4: Quitting for good immediately adds years to your life. It reduces your risk for lung cancer, emphysema and heart disease. Quitting smoking also benefits your loved ones by keeping them from the dangers of your second hand smoke.

Reason 5: Free help is available, including medication to help you quit! Through a tobacco quitline, trained specialists provide advice and a plan just for you to help you quit. Call the free number today at 1-800-QUIT-NOW.

TOBACCO QUITLINES: 1-800-QUIT-NOW (1-800-784-8669)