

# Kansas Tobacco Quitline

## KSquit.org or 1-800-QUIT-NOW

### What is the Kansas Tobacco Quitline?

The Kansas Tobacco Quitline [www.KSquit.org](http://www.KSquit.org) or **1-800-QUIT-NOW (784-8669)** provides FREE one-on-one coaching to help tobacco users quit. The Quitline is available 24 hours a day/7 days a week online or by phone. Trained Quit Coaches provide participants support to create an individual plan to quit tobacco and fight cravings. This FREE service is available to Kansans who are ready to quit any form of tobacco. The Quitline is provided through a partnership between the Kansas Department of Health and Environment and Alere Wellbeing.

### What can you expect from the Quitline?

- Confidential, personalized support
- One-on-one email, live chat or phone sessions with a certified cessation counselor
- To set a quit date within a couple of weeks of registration
- In-depth information on nicotine replacement therapy (patches, etc.) and cessation medications
- Telephone assistance in English or Spanish and translation for more than 150 other languages



### What are the benefits of quitting tobacco use?

- Save money. A pack-a-day smoker can save around \$150 a month (almost \$2,000 a year) by quitting smoking.
- 1 year after quitting smoking, added risk of coronary heart disease is half that of a smoker's.<sup>1</sup>
- 10 years after quitting smoking, lung cancer death rate is about half that of a smoker's.<sup>1</sup>
- 5 - 15 years after quitting smoking, stroke risk is reduced to that of a nonsmoker.<sup>1</sup>
- Smokers who quit at about age 30 reduce their chance of dying prematurely from smoking-related diseases by more than 90 percent.<sup>2</sup>
- Smokers who quit before age 50 have half the risk of dying in the next 15 years compared with continuing smokers.<sup>2</sup>
- Quitting smokeless tobacco will reduce the risk of mouth and throat cancer.

Many tobacco users understand the benefits of quitting and are trying to quit. More than half of Kansas adult smokers tried to quit smoking in the past year. When you are ready to quit tobacco visit [www.KSquit.org](http://www.KSquit.org) or call **1-800-QUIT-NOW (784-8669)**, we can help!



#### Sources:

<sup>1</sup> CDC. (n.d.). Within 20 minutes of quitting... Available at: [http://www.cdc.gov/tobacco/data\\_statistics/sgr/2004/posters/20mins/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/2004/posters/20mins/index.htm)

<sup>2</sup> National Cancer Institute. (n.d.). Harms of smoking and health benefits of quitting. Available at: <http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>