

# You Didn't Start Alone

## Will QuitNet Really Help Me?

-- Yes! Currently, only three percent of smokers are successful in quitting on their own for a year or longer. Frequent use and active participation in QuitNet will greatly increase your chances of quitting and staying quit. Being part of an online community of "quitters" will give you the support and motivation you need to quit. QuitNet is based on the most recent scientific research including the guidelines issued by the **U.S. Surgeon General**. QuitNet's content and user interface has evolved from user feedback and research that identifies ongoing support as critical to successful quitting.

**What is QuitNet?** -- QuitNet is an internet-based service designed to help individual tobacco users through the quitting process. It combines evidence-based methods of treating tobacco addiction with a powerful and effective individually controlled program that is available to anyone, anytime, anyplace. **Quitting smoking** is one of the **BEST** things you can do to improve your health and the health of those around you.

With determination, a positive attitude and a little help, you can join a special and ever-growing community of people: ex-smokers. At first glance quitting seems simple... all you have to do is never smoke again, right? Unfortunately, for most people it never quite works that way. On average, it takes smokers about 7 times to quit for good. The **good news** is that our Quitting Guide can help you end your nicotine addiction once and for all! It's great that you're planning to stop smoking soon! Many smokers wonder whether they'll be able to quit. In fact, many **ex-smokers** once had these same doubts, too. What makes ex-smokers successful is that they stay **determined** and focused throughout the cessation process. A good place for you to start in the Quitting Guide is our Getting Ready section. It reviews the importance of combining a positive attitude with expert advice and practical smoking tips. The Quitting Guide provides the latest that can help you make it through the quitting process.

quitting can be so tough and offers tips on planning the best free for good. Although it won't make quitting painless or easy, the Quitting Guide will m ready! The **Quitting Guide** will be tailored to your personal situation with information and by using QuitNet's self-assessment tools. Chewing **smokeless tobacco** puts many of the same chemicals and poisons into your body. That's why people who chew tobacco for many years are 50 times more likely to get oral cancer, gum disease and lose their teeth than people who do not chew. The risk of other **cancers**, heart disease, and ulcerative colitis is 50-70% higher among chewers. Cigarettes produce carbon monoxide, the same deadly odorless, colorless gas that comes out the tailpipe of your car or a faulty gas heater. In high enough concentrations it is deadly; in lower doses it causes shortness of breath and increased heart rate. Fortunately, the body is able to eliminate most of the **carbon monoxide** fairly quickly once you quit smoking. Most people who quit feel more **energetic** and less short of breath within just a few days of quitting. Quitting lowers your risk of dying early by 50% within 5 years of quitting. After 15 years the risk is the same as if you had never smoked. So quit already...



## What Services Does QuitNet Provide?

- A personal plan for quitting that changes from visit to visit as you progress through your quit.
- 24/7/365 social support from others just like you across Louisiana and Texas and around the world. **QuitNet users regularly buddy up to support each other** and post thousands of messages each day in forums, clubs, and chat rooms.
- A science-based quitting guide, a national directory of local quitting programs, and the latest in tobacco news.
- QuitNet cessation counselors are available to provide personal support. You'll also have access to quitting tools, email quit tips, and answers to hundreds of Frequently Asked Questions (**FAQs**).
- A medication "wizard" to help you select the right type and dose of quitting medication (patch, gum, etc.).
- A **Medication Guide** and advice from QuitNet counselors will help you use these products properly.\*
- Your personal quitting stats: Money saved and lifetime earned by not smoking. Nicotine is a drug produced naturally in tobacco leaves. It's nicotine that hooks you to cigarettes. [3] Studies have shown that nicotine can have as much power over your brain as heroin and cocaine. **Nicotine** gives your brain a quick sensation of pleasure and when it starts to wear off (usually within minutes after finishing a smoke) your brain starts wanting or craving more. Nicotine increases heart rate and blood pressure, and **decreases circulation** by constricting blood vessels- this makes nicotine a major risk factor for heart disease and stroke. Nicotine promotes peptic ulcers; releases hormones that affect the central nervous system; interferes with nerve-muscle communication; and is directly **responsible** for a host of other health risks related to sexual functioning, fertility, fetal development, miscarriages, and brain

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- A personal plan for quitting that changes from visit to visit as you progress through your quit.
- 24/7/365 social support from others just like you across Louisiana and Texas and around the world.

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