

# You Didn't Start Alone

## Will QuitNet Really Help You?

Yes! QuitNet is based on the latest scientific research and proven techniques to help people stop using tobacco for good. Whether you have been trying to break the habit for the past 20 years or just recently thought about quitting, QuitNet can help. The U.S. Public Health Service and CDC guidelines recognize support and education about your addiction as important elements to successful quitting. QuitNet's online tools and educational resources can help you get prepared, track your quit success, and help you stay motivated.

There is also a global community of people on the QuitNet site and a team of professional quit coaches who are ready to help 24/7/365. Our content and user interface has evolved from over 12 years of member feedback. Research studies have shown that frequent use and active participation in QuitNet will greatly increase your chances of quitting and staying quit. You can do it, and with QuitNet, you are not alone.

**What Services Does QuitNet Provide?** QuitNet offers intensive, personalized help in quitting that includes: **Wizards and Tools** help you make a quit plan. QuitNet can help you pick a quit date, choose the right quit medication for you, and provide advice on how to get prepared. The Quit Gadget tracks your key quit stats including the how long you have been quit (down to the second!); money you have saved; number of cigarettes not smoked; and lifetime gained.

**Around-the-clock social support** from a global community of ex-smokers. QuitNet users regularly buddy up to support each other and post thousands of messages each day in forums, clubs, and chat rooms.

**Educational resources including an online quitting guide** that shows content relevant to where you are in your quit. A national directory of local quitting programs and the latest in tobacco news help you stay informed.

**Expert advice from experienced quit-specialists.** You'll also have access to quitting tools answers to hundreds of Frequently Asked Questions (FAQs). **Quit Medications, a medication "wizard"** to help you choose the right medication for you, and expert advice. You have your own reasons for wanting to quit, but you don't have to do it alone. Many people who have successfully quit are eager to share their quitting experience and to provide their support and advice. At first glance, quitting seems simple. All you have to do is never smoke again, right? For most people, unfortunately it just doesn't work that way. On average, smokers try about seven times before quitting for good. So don't worry – if you've attempted to quit already but wound up back on the butts, you haven't "failed". Surprisingly, having tried before, you may be further along in the quitting process than you think. **The good news is that QuitNet can help you end your nicotine dependence once and for all!**

**What is QuitNet?** QuitNet is the original and largest online quit-tobacco service, with over 600,000 members worldwide. We offer you all the tools and support you need to quit and stay quit. This is a free service.

**Quitting may not be easy**, but kicking your nicotine habit offers some benefits that you'll notice right away. Your breath smells better, stained teeth get whiter, your clothes and hair smell better, your yellow fingers and fingernails disappear, food tastes better, your sense of smell returns to normal, and everyday activities no longer leave you out of breath. You will save money by not buying cigarettes; savings that can really add up!

You reduce your loved one's exposure to second hand smoke, which also can have a positive health impact. You can stop worrying about social acceptance or finding a place where you can smoke. You will notice other benefits too, benefits that you had never even thought of before quitting. **Every day, people just like you** turn to QuitNet for help and support. When you join QuitNet, you will have access to tools and information geared to help you understand your personal nicotine addiction, get prepared, and build confidence. You will also become part of the QuitNet community, where you can read posts and connect with other quitters. No matter how long you have used tobacco or how many times you have tried to quit in the past, QuitNet is ready to make this your best, and last quit. With determination, a positive attitude and a little help, you can join a special and growing community of people: **ex-smokers!**



**QUITNET**<sup>®</sup>  
QUIT ALL TOGETHER

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Visit [www.quitnet.com](http://www.quitnet.com) to Learn More!

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## 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 make it possible when you're ready! The **Quitting Guide** will be tailored to your personal situation with information you provide at registration 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? - QuitNet offers intensive, personalized help in quitting that includes:

- 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 neonatal deaths, and brain functioning. That's why some **Quitters** call it the Nicodemon.

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