

# Tips to Quit Tobacco



**Physicians Plus wants to help you quit tobacco.** No matter your age or how long you have smoked or chewed tobacco, quitting can improve your health.

## Why Stop Using Tobacco?

- ✓ Smoking causes yellow teeth, bad breath, smelly clothes and wrinkles your skin.
- ✓ Chewing tobacco can cause your gums to recede and bone loss around your teeth.
- ✓ Cigarettes contain 4,000 chemicals (400 are toxic; and 40 cause cancer).
- ✓ Eating healthy and exercise are much better ways to lose weight.
- ✓ Save money. Smoking a pack a day or chewing tobacco daily can cost over \$100 a month.
- ✓ Food will taste better and your sense of smell will improve.
- ✓ You'll feel better about yourself.
- ✓ You'll have healthier babies and children.
- ✓ Be free from addiction.
- ✓ You will set a good example.

## Tips to Quit

- ✓ Ask your doctor about the best way for you to quit.
- ✓ Do not have even one last cigarette or chew once you have quit.
- ✓ When you crave a cigarette or a chew, review your list of reasons to quit.
- ✓ If anyone in your home smokes or chews, it will help to quit at the same time.
- ✓ Identify the times you want a cigarette or a chew, and try to avoid those situations.
- ✓ Avoid or reduce drinking alcohol when you are trying to quit.
- ✓ Pick a quit date and sign a contract with family or friends that states your pledge to quit.
- ✓ Throw away all of your cigarettes, chewing tobacco, lighters and ashtrays.
- ✓ Fight the urge to smoke or chew by using the "Four D's":  
Delay...Deep Breathing...Drink Water...Do Something Else.
- ✓ It usually takes two or three tries to quit. If you have a setback, be proud of your attempt, and keep trying until you are free of tobacco for life.

**Your BadgerCare Plus plan coverage includes prescription and over-the-counter drugs to help you quit using tobacco.**

For more information, contact Physicians Plus Health Improvement at (800) 545-5015, ext. 7143, or The Wisconsin Tobacco Quit Line at (800) 784-8669 or (877) 266-3863 for assistance, information and encouragement.

**Contact Physicians Plus at (800) 545-5015 or (608) 282-8900**