

**New York State Smokers’
Quitline** (toll free)
1-866-NY-QUITS
(1-866-697-8487)
www.nysmokefree.com

The NYS Smokers’ Quitline is...

- FREE
- Confidential
- Supportive
- Helpful for people ready to stop smoking, or thinking about quitting.
- Available 24 hours a day, 7 days a week through phone or website.
- Offering FREE starter kit of Nicotine Patches, Gum or Lozenges for eligible NYS smokers. (Most people are eligible)



“More than 45.7 million Americans have quit. Many of them tried several times before they were able to quit. They made it and quit for good. Other smokers can too.”
(American Lung Association)

Other Sources of help:

- Your Health Care Provider—talk to your doctor, nurse, dentist, or dental hygienist about quitting.
- Your Health Insurance Plan — some insurance plans cover stop smoking treatment or provide information to help you quit.
- Medicaid covers nicotine replacement products and medications. Ask your health care provider to write an order for the pharmacist.



Brought to you by the
Adirondack Tobacco Free Network
Clinton County Health Department
133 Margaret Street
Plattsburgh, NY 12901
518-565-4993
atfn@co.clinton.ny.us
www.clintonhealth.org

Ready To Stop Smoking?

Let us help...



**A Resource Guide
for the Adirondack
Region**
**Clinton, Essex and Franklin
Counties**

Local Information and Referral Sources

North Country Tobacco Cessation Center
(Serving Clinton, Essex, Franklin and Hamilton Counties)
(518) 891-5855

www.tobacco.heartnetwork.org

Regional resource for health care providers and tobacco users, providing education, information and materials.

Adirondack Tobacco Free Network (ATFN)

Serving Clinton, Essex and Franklin Counties
(518) 565-4993

Information and referrals for tobacco users. Assistance for organizations and businesses in developing tobacco free policies.

NRT stands for Nicotine Replacement Therapy. Go to www.nysmokefree.com to get information about nicotine replacement therapy such as patches, gum, lozenges, or medications. Contact one of the programs listed above to get this information by mail.

Resources and Websites

American Cancer Society
www.cancer.org
(Search: Great American Smokeout)

American Heart Association
www.americanheart.org

American Lung Association
www.lungusa.org
Freedom From Smoking Online
www.ffsonline.org

**New York State Department of Health
NYS Smokers' Quitline**
www.nysmokefree.com

American Legacy Foundation
www.BecomeAnEx.org
www.thetruth.com
www.americanlegacy.org

**Healthways and Boston University
School of Public Health**
www.quitnet.com

Massachusetts Dept. of Public Health
www.trytostop.org

Resources in this guide provide telephone or web-based support that can help you succeed.

“Studies have shown that pairing NRT with a program that helps change behavior can double your chances of successfully quitting.” American Cancer Society

After Quitting...

Within 20 minutes after you smoke that last cigarette, your body begins a series of change that continue for years.

20 minutes after... your heart rate drops.

12 hours after... carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after... your heart attack risk begins to drop, and your lung function begins to improve.

1 to 9 months after... your coughing and shortness of breath decrease.

1 year after... your added risk of coronary heart disease is half that of a smoker's.

5 years after... your stroke risk is reduced to the same as a nonsmoker.

10 years after... your chance of lung cancer is half that of a smoker's. Risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

15 years after... your risk of coronary heart disease is back to that of a non-smoker.

(Centers for Disease Control)