

Resources

Quit-tobacco programs

- Check with your doctor, caseworker or insurance provider for information on quit-smoking programs.
- The Veteran's Administration offers programs for veterans.
- Turning Point also offers free health and wellness programs. You can visit turningpointkc.org or call 913-574-0900.

Telephone support

- Each state has a Quitline. Services are free. Call the 24-hour toll-free number 800-784-8669 (800-QUIT-NOW).

Text to quit

- Sign up from your mobile phone! Send a text message with the word QUIT to 47848, answer a few questions and you'll start receiving text messages from SmokefreeTXT.

Internet websites

- Become an Ex: becomeanex.org
- Quit Smoking Now: smokefree.gov
- QuitNet: quitnet.com
- Freedom from Smoking Online: ffsonline.org
- For Smokeless Tobacco Users: chewfree.com and killthecan.org

Quit-smoking medication assistance

- Many insurance plans, including Medicare, cover one or more types of quit-smoking medications.
- Kansas and Missouri Medicaid cover quit-tobacco medications.
- Riverview Health Services helps Kansans and Missourians complete pharmaceutical company applications for free or discounted medications. Call 913-371-7070 or visit the agency at 722 Reynolds Avenue, Kansas City, Kansas. Walk-ins are welcome Monday-Friday, 9 a.m.-noon.
- Federally qualified health centers can help you get free or low-cost medications.

U-KanQuit

Tobacco cessation tools for our patients

Tobacco withdrawal and cravings?

You may have symptoms of withdrawal from nicotine when you stop using tobacco, even temporarily.

Nicotine withdrawal may cause:

- Cravings for tobacco/nicotine
- Depressed mood
- Increased appetite
- Irritability, frustration, anger
- Anxiety
- Trouble sleeping
- Restlessness

These symptoms can peak 2-3 days after quitting and decrease over time.

How can I relieve nicotine withdrawal/cravings?

You can use one of these products:

- Nicotine patch
- Nicotine lozenge
- Nicotine gum
- Nicotine inhaler
- Nicotine nasal spray
- Chantix
- Wellbutrin/Zyban

Medication recommendations for me:

The “4 Ds” can also help you manage a craving and can be done anywhere, anytime:

- **D**eep breaths
- **D**elay and wait out the craving
- **D**istract yourself
- **D**rink water

Because hospitals are tobacco-free, now is a good time to quit!

If you use tobacco, it takes longer to recover from illness and surgery.

When you use tobacco products:

- Your heart rate and blood pressure go up
- Your heart has to work harder
- Your wounds heal more slowly
- Your lungs get more congested
- Your chance of heart attack, stroke or cancer goes up
- Your medications do not work as well

What if I am **not** ready to quit?

It is a good idea to use the nicotine patch, gum or lozenges while you are in the hospital. They prevent or reduce nicotine cravings and withdrawal symptoms and can make you more comfortable.

Some people are not ready to quit now but are interested in quitting sometime in the future.

List some reasons you might want to quit someday.

What if I **am** ready to quit?

Medication and/or support programs double your chance of success! Since 2014, most health plans cover both. A nurse, doctor or tobacco specialist can connect you with information and medicine to help you quit. Also, see the resources list on the back page.