

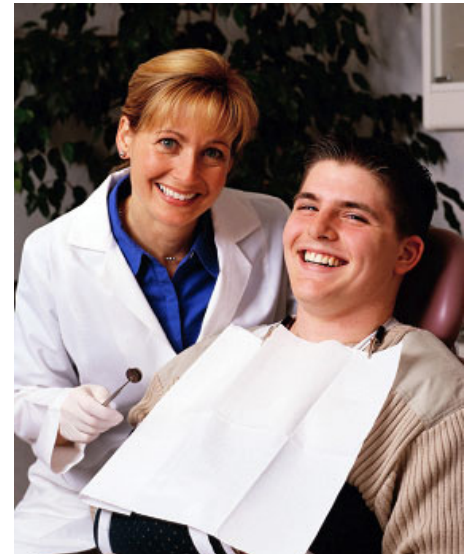


Good Reasons to Quit

- Brighter smile. Healthier teeth and gums.
- Save money. At \$3-\$9 per tin, that's thousands of dollars a year!
- Reducing cancer risk. Chewing tobacco contains 28 cancer-causing chemicals.
- Reducing risk of heart disease and high blood pressure.

Tips to Help People Quit Chewing Tobacco

- Quitting is hard, but you CAN do it!
- Ask family, friends, or co-workers for support.
- Connect with the Wisconsin Tobacco Quit Line for free coaching and medication by:
 - Calling 800-QUIT-NOW (800-784-8669)
 - Or texting READY to 200-400
 - Or visiting www.WiQuitLine.org
- Get rid of all tobacco and related products in the home, car, and workplace.
- Replace the tin or pouch of tobacco with pretzels, carrots, or gum.
- Visit: <https://smokefree.gov/quitting-dip>



Source: CDC

My Personal Quit Plan

1. I'll be ready.

- I'll set a quit date and stick to it – not even a single dip!
- I'll get rid of all tobacco so I'm not tempted.
- I'll get free help by calling the Wisconsin Tobacco Quit Line.

2. I'll feel urges, but I have a plan.

- I'll take a deep breath. I'll tell myself this urge will pass.
- I'll drink water instead of using tobacco.
- I'll chew gum, seeds, or straws.

3. This time, I'm not going back. I know the pitfalls.

- I'll avoid alcohol.
- I'll avoid people who chew or smoke.
- I'll eat right and stay active.

4. Preparation.

- I'll call 1-800-QUIT-NOW (1-800-784-8669) or text READY to 200-400 before before my quit date.
- My quit date is: _____

I'll ask for support from:

- My doctor.
- My friend(s).
- My relative(s).