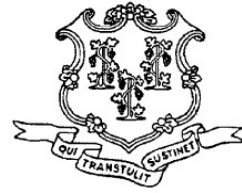


News



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Connecticut QuitLine Helps Tobacco Users Quit for a Healthy New Year

Hartford — Tobacco users are encouraged to ring in the New Year by calling the Connecticut QuitLine for free help at 1-866-END-HABIT (1-866-363-4224). Quitting tobacco is one of the most common New Year's resolutions.

“Celebrate a healthy New Year! Make a New Year's resolution to quit using tobacco, and call our Connecticut Quitline to get the support you need to be successful,” stated Connecticut Department of Public Health Commissioner J. Robert Galvin, M.D., M.P.H. “Quitting smoking is one of the most effective things you can do to prevent heart and lung disease.”

By calling the CT QuitLine for help today, a professionally trained Quit Coach can:

- Prepare participants for their quit date
- Help them design an individualized quit plan
- Provide tips on smoke-proofing their living environment
- Offer techniques on handling social situations that may involve tobacco
- Assist participants with seeking support from friends and families
- Provide information regarding medications to help with withdrawal symptoms

Many Quit Coaches are former smokers themselves.

Over 2,800 calls have been placed to the Connecticut QuitLine over the last year. The QuitLine offers free information and cessation support for all Connecticut residents who want to quit tobacco.

The Connecticut QuitLine is open seven days a week from 8 AM to Midnight (after hours callers can leave a message to get a return call the next day). Getting help is easy by calling 1-866-END-HABIT (1-866-363-4224).

More than 500,000 adults in Connecticut are cigarette smokers, and every year in Connecticut, more than 5,400 people die from smoking-related diseases. Heart disease is the # 1 cause of death in the US and in Connecticut, and the #1 cause of heart disease is smoking. Smoking is also responsible for more than 90% of all lung cancer deaths.

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