

TALKING TO YOUR HEALTHCARE PROVIDER ABOUT QUITTING TOBACCO



Talking to me about quitting tobacco improves your chances for success!

Quitting all forms of tobacco products is one of the most impactful things you can do to benefit your health.

TALK TO YOUR HEALTHCARE PROVIDER

Everyone needs someone in their corner when overcoming nicotine addiction. Your healthcare team can help you with quit medications, resources, and support.



START SMART: PLAN TO QUIT

I am willing to quit today.

I am interested in setting a future quit date.

My quit date: __/__/__

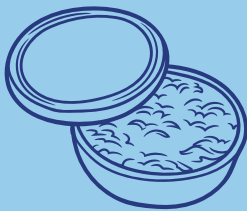
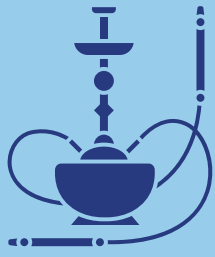
I am willing to cut down on how much tobacco I use before quitting.

I am unsure about quitting but will consider it.

QUIT MEDICATIONS

Type	Regimen	How to Access
Non-nicotine pills	As directed by healthcare provider	By prescription
Nicotine replacement therapy (NRT)-nicotine gum, lozenge, patch, or inhalant	Talk with your healthcare provider about how best to use	Available over the counter and by prescription

QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER



What are the biggest steps I can take to increase my chances of success in quitting tobacco?

Is it better to quit cold turkey or just cut down?

In addition to medications, what other options are available to help me quit?

How can I deal with potential symptoms of withdrawal, like irritability, sadness, and possible weight gain, in a healthy way?

OTHER RESOURCES

Program	Description	How to Access
Oklahoma Tobacco Helpline	Offers 1-on-1 counseling, free NRT products for tobacco users who want to quit	1-800-QUIT-NOW or your healthcare provider can refer you
OK to Quit	Provides a list of resources to help support those wanting to quit	www.oktoquit.com/patients

Quitting tobacco is easier and more effective when you combine tobacco cessation coaching, support from your healthcare provider, and nicotine replacement therapy.

www.oktoquit.com

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