



FOR IMMEDIATE RELEASE:
December 14, 2015

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HEALTH
DEPARTMENT
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Michigan Tobacco Quitline offers free resources in time for New Year

CHARLEVOIX – Today, former smokers outnumber current smokers in the United States. This is hopeful news for those wanting to kick the habit for good. Even better news: From now through December 31, all tobacco users who call the Michigan Tobacco Quitline at (800) QUIT-NOW will qualify for coaching and nicotine replacement therapy at no cost.

The Michigan Tobacco Quitline offers telephone coaching, tips and motivational emails or texts, an online quit program, and a mobile app. The Quitline coaches are trained to help tobacco users overcome common barriers, such as dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. Those who enroll before December 31 will be eligible for free nicotine replacement therapy in the form of patches, gum, or lozenges. This limited-time offer is good for all tobacco users, regardless of insurance coverage.

Dr. Joshua Meyerson, Medical Director at the Health Department of Northwest Michigan, encourages tobacco users to take advantage of this opportunity. He noted that those who use tobacco cessation medications double their chances of being successful. “Quitting tobacco is difficult, but it can definitely be done—over 50 million adults have quit for good,” said Meyerson. “Not only will quitting tobacco immediately benefit your health, but it will improve the health of those around you.”

No matter how long an individual has smoked or used tobacco, quitting will dramatically improve his or her outlook for a healthier future. Immediately after quitting, heart rate and blood pressure improve. Long-term effects of quitting include improved circulation, improved lung function, and decreased risk of heart disease and cancer. Planning ahead, working with a health care provider, and seeking support from friends and family can all increase the likelihood of quitting successfully.

To begin the New Year tobacco-free, call (800) QUIT-NOW or visit <http://michigan.quitlogix.org>. The Michigan Tobacco Quitline’s mission is to reduce and eliminate tobacco-related deaths and diseases in Michigan through leadership, collaboration and education.

The Health Department can be reached by calling (800) 432-4121 or visiting www.nwhealth.org. The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego Counties.

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