



**Quitting smokeless tobacco has benefits you can see. Your mouth sores will slowly start to go away. Your gums will begin to look healthier. Seeing these changes may motivate you to stay tobacco-free.**



**Tobacco Cessation Schedule  
FY 2015  
Oakland (GCHD)**

**Wednesdays May 6th @ 5:30**

**Held at the Garrett County Health Department.**

**Individual counseling available case by case.**

**Free Cessation Aids**

- **Chantix**
- **Nicotine Patches**
- **Nicotine Lozenges**
- **Nicotine Gum**

**Contact Information**

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**[www.garretthealth.org](http://www.garretthealth.org)**



**Public Health**  
Prevent. Promote. Protect.



**Funded by the Cigarette  
Restitution Fund Program**

**Garrett County  
Health Department**

Letting Go  
of Tobacco

*Better health  
for you and  
those you love*



**Spit Tobacco Cessation  
Support Program**

**Free Classes  
Scheduled for 2015**

**Health Education & Outreach**

**[michael.wilburn@maryland.gov](mailto:michael.wilburn@maryland.gov)  
301-334-7730  
or 301-895-3111**

## What Are My Options ?

### Adult Cessation Classes

- **Meet one time a week for ten weeks**
- **Introductory session offered and includes discussion of cessation aides available.**
- **Free cessation aids: Chantix, (with doctor's approval), Nicotine patches & gum.**
- **Must attend 7 out of 10 classes to receive full course of cessation aides.**
- **Classes at various times and locations. See back of brochure or call for details.**

### Youth Cessation

- **Tobacco Awareness Program for youth interested in quitting. (Designed to gently guide youth to quit date and help remain tobacco free).**
- **Tobacco Education Program for youth as a positive alternative to suspension, fines, or other penalties for violation of Minors'**
- **Tobacco Laws or school policy.**
- **Classes scheduled upon request.**



### Are You Addicted?

- **Chewing shortly after waking**
- **Swallowing spit tobacco juice**
- **Dip more often and in inappropriate settings.**

### Reasons to Quit!

- **Smokeless tobacco use may cause cancer of the mouth.**
- **Sugar in smokeless tobacco may cause decay in exposed tooth roots.**
- **Teeth stained from tobacco juice**
- **Dip and chew can cause your gums to pull away from the teeth in the place where the tobacco is held. The gums do not grow back.**
- **Leathery white patches and red sores are common in dippers and chewers and can turn into cancer**



### Topics to be Covered

- \* **Nicotine addiction**
- \* **Withdrawal symptoms**
- \* **Carbon monoxide test**
- \* **Benefits of quitting**
- \* **Lifestyle changes**
- \* **Coping tips**
- \* **Problem solving**
- \* **Withdrawal symptoms**
- \* **Stress**
- \* **Weight-gain concerns**
- \* **Support & encouragement**