



Resources to Help Quit Tobacco Use

Mark Twain once said, "Quitting smoking is easy. I've done it a thousand times."

Quitting tobacco is difficult because all forms of it—cigarettes, cigars and spit (chewing) tobacco—contain nicotine and nicotine is the agent in tobacco that's capable of causing addiction or dependence. However, you can quit once and for all. The reasons for quitting are simple: You'll lower the chances of having a heart attack, stroke or cancer, including oral cancer. A smoke-free environment is healthier for those around you. If you're pregnant, you'll improve your chances of having a healthy baby. And, the money spent on tobacco can be used on other things.

Additional resources can be found below for free materials and information to help you quit using tobacco and make the transition to a healthier lifestyle.

**Text above taken from the American Dental Association website*

Resources to help patients quit tobacco and reduce their risk of developing cancer:

- American Dental Association
<http://www.ada.org/5170.aspx?currentTab=1>
- American Cancer Society-Stay Healthy
<http://www.cancer.org/Healthy/StayAwayfromTobacco/index>
- National Cancer Institute
<http://www.cancer.gov/cancertopics/tobacco/smoking>
<http://www.cancer.gov/cancertopics/tobacco/smokeless-tobacco>
- Tobacco Free Nebraska – Quit Now
<http://www.hhs.state.ne.us/tfn/ces/>
- Quitline Iowa
<https://www.quitlineiowa.org/>
- Smoke Free
<http://www.smokefree.gov/>
- Centers for Disease Control and Prevention
http://www.cdc.gov/tobacco/tobacco_control_programs/index.htm

