



Becoming Tobacco Free

Greene County Tobacco Control Program

Tobacco Cessation Programs

Bee Free Program

The Bee Free Program is designed to help pregnant women, women with small children or uninsured individuals who want to quit using tobacco. After an initial evaluation conducted by phone, each participant receives information, telephone counseling and free nicotine replacement therapy with a physician's consent.

SmokeStoppers®

SmokeStoppers is designed to help people who want to quit using tobacco through a group meeting program that helps provide the strength and reinforcement people need to quit.

1-800-QUIT-NOW

Pennsylvanians who smoke or use chewing tobacco can call 1-800-QUIT-NOW (1-800-784-8669) to receive the helping hand they may need to end their life-threatening addiction to tobacco. The toll-free hotline provides service 24 hours a day, 7 days a week.

DeterminedToQuit.com

DeterminedToQuit.com is an online community that gives smokers a tool to update and monitor their quit attempts; enter lapses via email or text messaging; schedule messages to be delivered automatically to their cell phones to fend off potential lapses during normal smoking breaks; receive messages of encouragement from loved ones; and view video blogs featuring fellow smokers trying to quit.

Quitting Tobacco Takes Practice...

Try These Tips for Success:

1. Deep breathe slowly
2. Drink a glass of water
3. Delay 5 minutes—the urge will pass
4. Do something else

You CAN do it!

“I used to enjoy smoking, until I realized the impact it had on my health and my family. One day, I saw a flyer for the Bee Free Program and made up my mind that I was ready to quit smoking.

My daughter was constantly asking me to quit smoking. I wanted to be a positive role model for my kids, and I don't want them to be without a mother, because I lost mine at an early age.

It was easy to sign up for the program, and my doctor was more than happy to consent for me to use the patches. After looking over the material, I realized nicotine was a drug, and that I was actually a drug user. It was nice to talk to someone about what I was going through and keep me motivated. Both of these helped me gain a strong mindset.

The day I decided to quit smoking was the first day of the rest of my life. My sense of smell changed, my breathing has improved, and I have more energy to get out and do activities with my family. Quitting allowed me the opportunity to discuss nicotine addiction with my daughter. It was such an emotional time for me. The medication really helped along with decaf coffee, suckers and life-savers. The patches and Wellbutrin really helped ease the withdrawal symptoms.

Now I only use half of the medication I was previously taking for my asthma. Quitting became a priority for me. My children were my main motivator, but it was also something I realized I had to do for myself. I am now smoke free for seven months, and I know that I will never go back to smoking.”

Cindy, age 41, was accepted into the program March 10, 2004, and completed the program successfully on May 28, 2004.

Cindy provided this success story on October 27, 2004.

Effects of Quitting After...

20 minutes:

Blood pressure drops to a level close to that before you had your last cigarette. The temperature of your hands and feet increases to normal.

24 hours:

Your chance of a heart attack decreases.

1 to 9 months:

Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

1 year:

Your chance of having a heart attack is cut in half.



**Greene County
Tobacco Control Program**
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