

Take the Quiz:

- Have you ever tried to quit smoking?
- Are you embarrassed about your smoking?
- Does your smoking cause health problems?
- Does your smoking cause problems at home or work?
- Are you tired of tobacco controlling your life?
- Has your doctor said to quit smoking?
- Do you really want to quit smoking?
- Are you concerned for your loved ones because of your smoking?



If you said **YES** to any of these questions, we can help you!

Offering virtual visits

and three convenient New Brunswick, NJ locations:

Rutgers Cancer Institute of New Jersey
195 Little Albany Street

Clinical Academic Building
125 Paterson Street, Suite 2300

Rutgers Center for Tobacco Studies
303 George Street, Suite 500



📞 **732.235.8222**
🌐 www.tobaccoprogram.org

Supported by:



Rutgers, The State University of New Jersey

Tobacco Dependence Program Rutgers Center for Tobacco Studies

GET THE FREE HELP YOU NEED
TO QUIT TOBACCO OR NICOTINE



No judgements.
Just help.

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Why call us?

REASONS TO QUIT

- Your children will be healthier and may be less likely to start smoking
- Your sense of smell will return and food will taste better
- You will save money:
a pack a day equals about \$2000/year



How can we help?

We can help people who use any tobacco product including:

- Cigarettes and cigars
- Smokeless chewing tobacco and pouches
- E-cigarettes and nicotine vaping products



REASONS TO COME SEE US

- Within 20 minutes of quitting:
Your blood pressure and heart rate return to normal
- Within 2 weeks to 3 months of quitting:
Your circulation improves and your lung function increases
- Within 1 to 9 months of quitting:
Coughing and shortness of breath decrease

When you try to stop smoking, you may feel:

- Moody
- Hungry
- Cravings
- Nervous
- Sad
- Tense



What can I expect?

- Receiving evidence-based treatment
- Meeting with trained experts
- Learning about tools that can help you quit
- Answer your questions about new nicotine products like e-cigarettes and pouches
- One-on-one support
- Group support
- Nicotine medicines (patch, gum, inhaler nasal spray, lozenge)
- Other medicines such as Chantix®, Zyban®, or Wellbutrin®



Call 732-235-8222 or visit
www.tobaccoprogram.org
to get started

The Tobacco Dependence Program can help you quit!