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



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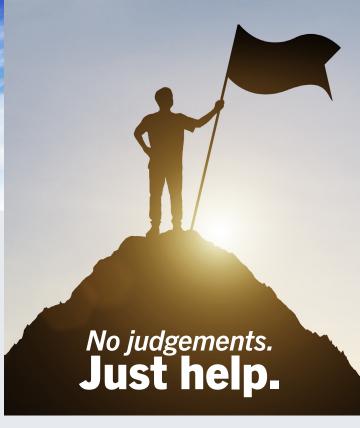


Rutgers, The State University of New Jersey

Tobacco Dependence Program

Rutgers Center for Tobacco Studies

Get the free help you need to quit tobacco or nicotine



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

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







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



- 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!