

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
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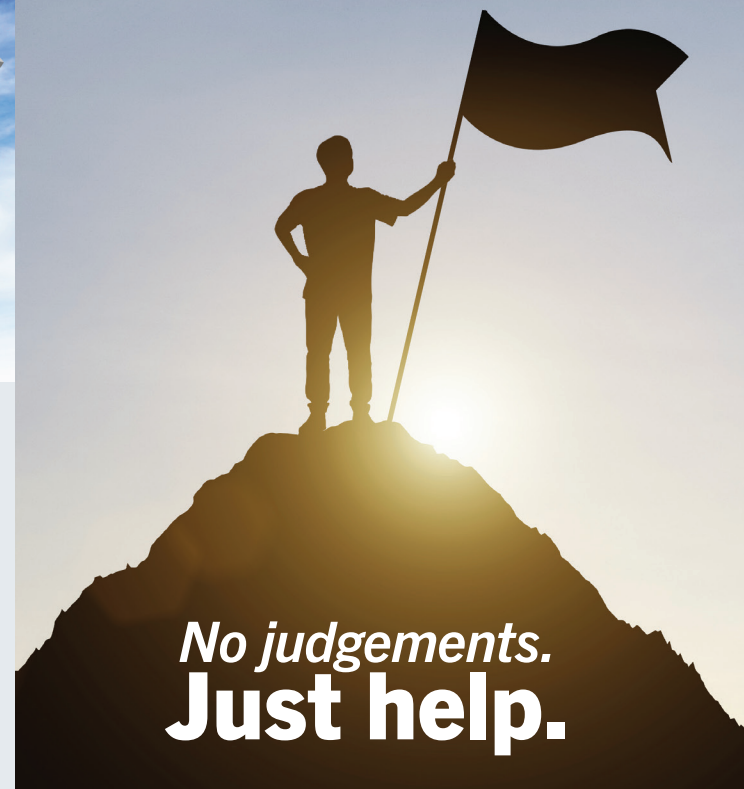


RUTGERS
Robert Wood Johnson
Medical School

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



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!