

Free Nicotine Replacement Therapy Available

The Kansas Department of Health and Environment (KDHE)'s Bureau of Health Promotion is encouraging Kansas residents who want to quit using tobacco products to take advantage of the opportunity to get free nicotine replacement therapy (NRT). The NRT will be shipped directly to their homes by calling the Kansas Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669). In conjunction with the Centers for Disease Control and Prevention (CDC)'s *Tips from Former Smokers* campaign that began in April, the Kansas Tobacco Quitline is offering a free two-week supply of NRT to all callers who register, while supplies last.

About one in six (17.2 percent) Kansas adults, age 18 years and older, are current cigarette smokers. And more than half of them have tried to quit smoking at least once in the past year.

“Quitting smoking not only benefits the health of the smoker, but also helps to protect their loved ones from the harmful effects of secondhand smoke exposure,” said Dr. Greg Lakin, KDHE Chief Medical Officer.

The Kansas Tobacco Quitline is a free, 24/7 resource available to Kansas residents to help them quit smoking. The Quitline provides help, such as counseling, a personalized Quit Plan and quitting support by phone and through online services. The Quitline can be reached by calling 1-800-QUIT-NOW (1-800-784-8669) or visiting www.KSQuit.org.

“We want people to know that although quitting tobacco is hard, they can do it,” said Matthew Schrock, KDHE Tobacco Cessation Program Coordinator. “Smokers often need to make several quit attempts before succeeding, but proven treatments and services are available that can improve your chances to quit for good.”

The Kansas Tobacco Quitline is supported by KDHE. For more information on the Kansas Tobacco Use Prevention Program, visit www.kdheks.gov/tobacco.