Learn more about Diabetes and Smoking...

The following resources will provide more information about diabetes:

- Virginia Diabetes Prevention and Control Project at (804) 864-7877 or visit www.vahealth.org/cdpc/diabetes
- National Diabetes Education Program at 1-888-693-NDEP (1-888-693-6337) or visit www.YourDiabetesInfo.org

For more information about tobacco use control and quitting, contact:

- Virginia Tobacco Use Control Project at (804) 864-7877 or visit www.vahealth.org/cdpc/TUCP.

QUIT SMOKING TODAY!

Call Quit Now Virginia’s Tobacco User Quitline at 1-800-QUIT-NOW.
TTY Line: 1-877-777-6534

QUIT NOW V I R I N I A
Tobacco User Quitline • 1-800-QUIT-NOW

Even if you don’t have diabetes, you probably know someone that does and is a smoker. So please, pass this information along.

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This is step one to a healthier life.

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Tobacco User Quitline • 1-800-QUIT-NOW

Nicotine is a strong addiction. But you’re even stronger.

You know it’s time to stop. Here’s how to do it.

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QUIT NOW V I R I N I A
Tobacco User Quitline • 1-800-QUIT-NOW

For further information about Quit Now Virginia, contact the Virginia Department of Health’s Tobacco Use Control Project at 804-864-7877, or visit www.vdh.virginia.gov.

Even if you don’t have diabetes, you probably know someone that does and is a smoker. So please, pass this information along.

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You have the power to quit. Sure, you've spent a lot of time smoking. You've burned money and you've hurt your body. But it's time to put that all behind you. Starting right now!

It won't be easy – if you've been smoking for a while, your body may crave nicotine. But that will pass, and a healthier lifestyle will take its place.

Quit, and you'll feel the effects within one day. Within 12 hours, your pulse, blood pressure, and carbon monoxide levels will return to normal. In two to three days, the nicotine will leave your body. Within a few weeks, your blood circulation will start to improve, and you'll be able to breathe easier.

In one year, your risk for coronary heart disease will be cut in half. In 10 years, your risk of dying from lung cancer will be cut in half. Within 15 years, your risk of coronary heart disease will be equal to that of a nonsmoker.

Just think – you'll be able to walk up a flight of stairs without getting winded. You'll have a better sense of taste and smell. You'll be able to sit on a long plane ride and not stress about lighting up. You won't smell like smoke, and neither will your home! These are just a few of the rewards you'll enjoy as a nonsmoker. So start stopping right now!

Quit Now Virginia brings you the personal help you need. You don't have to go it alone when it comes to quitting. The Virginia Department of Health's Quit Now Virginia program is here to help.

You'll have your own Quit Coach. This person is trained to help people kick the tobacco habit. He or she will be available by phone to guide you through the process.

You'll develop your own personal Quit Plan. Working with your coach, you'll figure out the best ways to quit, determine what medicines and techniques might help, and explore solutions for overcoming cravings.

You'll receive free Quit Guides. These booklets will walk you through the entire quitting process.

You'll have ongoing support. If you have a question or just need to talk, you can reach a Quit Coach any time. We'll also refer you to community resources for additional assistance.

Quit Now Virginia contracts with Free & Clear, a phone based treatment program with more than 20 years of experience that has helped more than half a million tobacco users. With its support and your strength, you'll be smoke-free as soon as you want to be.

All it takes is one phone call. You know that smoking causes cancer, heart disease, strokes, emphysema, and countless other health problems. You know it's draining your wallet and sapping your energy.

So call Quit Now Virginia's Quitline at 1-800-QUIT-NOW. Available through TTY and in Spanish. If you're ready to stop smoking, our support will never quit.