




## DID YOU KNOW?

- When you quit, you lower your risk for heart disease, heart attack, stroke, and peripheral vascular disease (poor circulation to legs/feet).
  - Smokers are 30-40% more likely to develop diabetes than non-smokers. Of people with diabetes who need amputations, **95% are smokers.**
  - Commercial tobacco products cause 90% of lung cancers.
  - Tribes in Wisconsin, Michigan, and Minnesota have the highest rate of death from lung cancer when compared with tribes in the U.S.
  - Being around people who smoke can cause cancer, **even if you do not smoke.**
  - Chemicals from cigarettes can stay on furniture, walls, skin and carpet for weeks. It is dangerous for babies and kids to be in a room or car where people smoke.
  - Nicotine is a drug in tobacco products. When you use tobacco products, your body becomes dependent on (or needs) nicotine.
  - **Vapes, e-cigarettes, and Juuls** have nicotine, flavorings and other harmful additives. They are popular among young people.
  - If you are a young person that uses nicotine products, the nicotine hurts the parts of your brain that control: attention, learning, mood and your ability to manage impulses. Also, your risk of becoming addicted to other drugs increases.
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### Ho-Chunk Health Care Center

N6520 Lumberjack Guy Rd.  
Black River Falls, WI 54615

Phone: 888-685-4422

Hours: M-F 8-4:30pm

### House of Wellness Clinic

S2845 White Eagle Rd.  
Baraboo, WI 53913

Phone: 888-552-7889

Hours: M-F 8-4:30pm

### Smoking Cessation National Resources

#### U.S. Department of Health and Human Services

[www.BeTobaccoFree.gov](http://www.BeTobaccoFree.gov)

[www.CDC.gov/tobacco](http://www.CDC.gov/tobacco)

#### American Cancer Society

Toll-free hotline: 1-800-ACS-2345

[www.Cancer.org](http://www.Cancer.org)

#### American Lung Association

Toll-free hotline: 1-800-LUNGUSA

[www.LungUSA.org](http://www.LungUSA.org)

#### National Cancer Institute

Toll-free hotline: 1-877-44U-QUIT

[www.SmokeFree.gov](http://www.SmokeFree.gov)

[www.Women.SmokeFree.gov](http://www.Women.SmokeFree.gov)

[www.Teen.SmokeFree.gov](http://www.Teen.SmokeFree.gov)

#### National Network of Tobacco Cessation Quit Lines

Toll free hotline: 1-800-QUITNOW

[www.NAQuitLine.org](http://www.NAQuitLine.org)

#### First Breath of Wisconsin

[www.wwhf.org/first-breath](http://www.wwhf.org/first-breath)



## NICOTINE TREATMENT SERVICES



**“Building a strong mind, body, and  
spirit together”  
Waz`a\ hini gira wi  
(We Care)**

## WHAT TO EXPECT

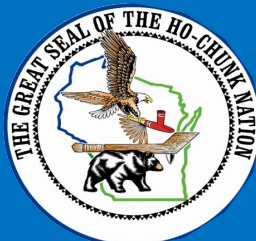
You can get help from a certified tobacco treatment specialist. You will meet one-on-one with a specialist to talk about how to quit successfully. You will talk about:

1. **YOUR PERSONAL GOALS.** Why do you want to quit? We will help you identify and reach your goals.
2. **YOUR PAST EXPERIENCES.** Quitting for some people may be harder than they first think. We will work through the process together, focusing on what has worked (or not worked) for you in the past.
3. **YOUR TRIGGERS.** Triggers are specific times, places, people, or feelings that make you want to smoke. What are your triggers? How can we help you beat them?
4. **WITHDRAWAL SYMPTOMS.** When you stop using nicotine products, you may feel sick or nervous for a few weeks. We will talk about medicine and other coping strategies to help you manage these symptoms.
5. **QUIT DATE.** This will be the day you quit completely. We will help you choose the date that fits best in your life.

## “Restoring Tradition and Reducing Harm”



*“Quitting the use of commercial tobacco is the best decision for improving your health. There are benefits of quitting at any age”*



## MEDICATIONS WE OFFER

Medications can help you manage withdrawal symptoms. Using medicine, doubles your chance of quitting successfully. We will discuss benefits, risks, and side effects of each medicine:

- Nicotine Patch
- Nicotine Gum
- Nicotine Lozenge
- Nicotine Inhaler
- Nicotine Nasal Spray
- Chantix (Varenacline)
- Zyban/Wellbutrin (Bupropion)

