Take the Quiz:

- Have you ever tried to quit?
- Are you embarrassed about your smoking?
- Does your smoking cause health problems?
- Does your smoking cause problems at home?
- Are you tired of tobacco running your life?
- Has your doctor told you to quit?
- Do you really want to quit?
- Are you concerned for your loved ones?

If you said 'Yes' to any of these questions, we can help you!

Offering two convenient locations:
The Cancer Institute of New Jersey
and the Clinical Academic Building

Supported by UMDNJ School of Public Health,
Robert Wood Johnson Medical School
and The Cancer Institute of New Jersey

UMDNJ
ROBERT WOOD JOHNSON MEDICAL SCHOOL
University of Medicine & Dentistry of New Jersey

The Cancer Institute of New Jersey℠

Tobacco Dependence Program

125 Paterson Street, Suite 2300
New Brunswick, NJ 08903
Phone: (732) 235-8222
Fax: (732) 235-7144
www.tobaccoprogram.org

The Cancer Institute of New Jersey
195 Little Albany Street
New Brunswick, NJ 08903
www.cinj.org |

The UMDNJ-School of Public Health is sponsored by the University of Medicine and Dentistry of New Jersey in cooperation with Rutgers, the State University of New Jersey and the New Jersey Institute of Technology.

Tobacco Dependence Program

UMDNJ
UNIVERSITY OF MEDICINE & DENTISTRY OF NEW JERSEY

Tobacco Dependence Program

Get Help to Quit Smoking

www.tobaccoprogram.org
(732) 235-8222

We are here to help you quit!

Why call us?

Reasons to quit

- Look and feel healthier
- Set an example
- Live longer
- Smile brighter
- Save money
- Breathe easier

- More energy
- Control your life

Reasons to come see us

- You want to quit
- You are thinking of quitting
- You quit a short time ago and want support to stay quit
- You want to help a loved one
- Your doctor told you to quit

How can we help?

Quitting is hard

The experts at our Clinic **understand** that quitting is not easy.

We know that smoking gets your body hooked on Nicotine (a drug).

When you try to stop, you can feel:

- Nervous
- Tense
- Hungry
- Moody
- Sad
- Cravings

The feelings make it very hard to quit, but with our **support**, you can beat these feelings and **quit for good**!

The care we give is <u>proven</u> to raise your chances of quitting!

What can I expect?

At our program, you will

- Meet with trained experts
- Learn about tools that can help ***you*** quit
- Make a plan that works for ***you***

Your plan can include

- One-on-one support
- Group support
- Nicotine medicines (patch, gum, inhaler, spray, lozenge)
- Other medicines (Chantix, Zyban, Wellbutrin)

The Tobacco Dependence Program can help *<u>you</u>* quit!