

Want to Quit Smoking?

What do you mean this isn't where practice is today?

I told you we're at the City Park today, not the school.

We're going to be late and coach said if we're late again we're going to have to run. I don't want to run.

I quit, I don't even like softball. Turn the radio on.

I can't keep making these mortgage payments. What? The gas bill can't be that much.

What am I going to do?

Can you relate to these situations? You know you shouldn't smoke, especially in front of your children. Yet, life is hard and a tobacco addiction can be even harder. The Sedgwick County Health Department is here to help you so that you can be a better role model and a healthier individual. Additionally, the free, confidential Kansas Tobacco Quit Line is available 24 hours a day, 7 days a week, 365 days a year. Nervous about what happens when you call the quit line? Don't be. Experienced quit coaches work with callers to prepare for a quit date and help them make a free, personalized quit plan. Let's listen in to see how it works.

(phone rings) Good Afternoon, Kansas Tobacco Quit Line, how may I help you?

Hi, I understand I can call you to quit smoking.

Absolutely, sir, is this the first time you have called the quit line?

Yes, it is.

What is your name? And may I ask you why you want to quit?

Allen, and I want to quit for my kids.

That's an excellent reason, sir. Children are a great motivator for improving your health and those around you. Quitting smoking reduces their exposure to second-hand smoke and you will be a great role model for your children. I'm going to ask you a few questions about your smoking habits now.

(phone rings)

Good Afternoon, Kansas Tobacco Quit Line, how may I help you?

Hi, I need to quit smoking, can you help?

Yes, that's what we're here for. What's your name ma'am?

Faith

Okay, Faith, let me tell you a little bit about the program. We're going to send you written materials, as well as conduct five counseling sessions, including today. If you have medical concerns you should talk to your doctor, as this program is a counseling program, and not a medical program. Does that make sense?

Yes

Great, let's get started Faith. Can you tell me how many cigarettes you say you smoke in a typical day?

It's that simple. The sooner you quit, the sooner you are putting your children first.

You'll be setting a good example for your children and increasing your own life expectancy as well. So, you can watch your children grow for many years to come. For more information call the Sedgwick County Health Department at 660-7350 or visit www.SedgwickCounty.org