



MICHIGAN TOBACCO QUIT LINE OFFERING FREE NICOTINE PATCHES, GUM OR LOZENGES THROUGH SEPTEMBER

June 20, 2019 – Ready to quitting smoking? The Michigan Department of Health and Human Services (MDHHS) is here to help.

MDHHS will be offering up to eight weeks of free nicotine patches, gum or lozenges to Michigan residents who call the Tobacco Quit Line at 800-QUIT-NOW (800-784-8669) and enroll in their program through September 30th.

This offer is part of the Centers for Disease Control and Prevention (CDC) *Tips From Former Smokers*® campaign featuring real people who are living with the effects of smoking-related diseases and secondhand smoke exposure.

Smoking remains the leading cause of preventable death and disease in the United States. It kills about 480,000 Americans each year. For every person who dies from a smoking-related disease, at least 30 more people suffer at least one serious illness from smoking. Nearly 68 percent of smokers say they want to quit and DHD#10 wants people to know that there is help.

DHD#10 has a free Tobacco Treatment Program where local Tobacco Treatment Specialists can answer questions about quitting or medications, assist with getting patches, gum or lozenges, and provide counseling to help plan, set a quit date and provide support.

“People who have quit tobacco are most successful when using a combination of support, including nicotine replacement therapy (patches, gum or lozenges), counseling, self-help materials and support from family and friends,” said Karen Ripke, a Tobacco Treatment Specialist for DHD#10.

For help with quitting or to view personal stories from the CDC campaign visit www.cdc.gov/tips. You can also call the Michigan Tobacco Quitline at 800-QUIT-NOW (800-784-8669) or Karen Ripke at 231-305-8659 for more information.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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Lake
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