



Quit Nicotine Resources

Nicotine Dependence Program

Telephone & Virtual Coaching

Penn Medicine Lancaster General Health provides assistance to help you **reduce and stop** using nicotine and tobacco products. This includes help with smoking, vaping, chewing tobacco, and more. Our program offers 1:1 support and access to Nicotine Replacement Therapy (NRT).

You can schedule **free**, personalized appointments with a nicotine treatment professional to get the help you need.

Free NRT options (patch, lozenge, and gum) are available to all program participants, as long as grant funding is available.

To register or explore other options for your quitting journey, please contact us today at 717.544.3572.

Physical Benefits of Quitting:

After quitting, positive effects start **almost immediately** and continue to build over time.

- **After 20 minutes:** Your heart rate starts to return to normal.
- **After 12 hours:** Carbon monoxide levels in your blood go back to normal.
- **After 2 weeks to 3 months:** Your circulation and lung function improve, and your risk of heart attack begins to decline.
- **After 1 to 9 months:** Coughing and shortness of breath decrease as your lungs work more efficiently.
- **After 1 year:** Your risk of coronary heart disease is about half that of a smoker's.
- **After 5 years:** Your stroke risk is similar to that of a nonsmoker.
- **After 10 years:** Your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, bladder, kidney, and pancreas decreases.
- **After 15 years:** Your risk of coronary heart disease is the same as someone who has never smoked.

Additional Resources

- **1-800-QUIT-NOW (1.800.784.8669).** The Pennsylvania Quitline offers **free**, 1:1 support from professional coaches. This service is available in **many languages**, so no matter your background, help is available to support your journey.
- **Smokefree TXT.** Stay motivated with Smokefree TXT, a 24/7 text messaging program offering tips, support, and advice to help you quit smoking. Sign up by texting “QUIT” to IQUIT (47848). This **free** program is developed by the National Cancer Institute.
- **BecomeAnEx.org.** An online community and resource hub for those looking to quit smoking, vaping, or using any tobacco products. Find the support you need to kick the habit.
- **Smokefree Español.** For Spanish-speaking individuals, the Smokefree.gov website offers resources and support. Visit Smokefree Español for help.
- **American Lung Association.** The American Lung Association provides a wealth of information and resources to help you stop using tobacco/nicotine products. Explore programs, tips, and strategies to become smoke-free and improve your lung health.

Vaping Information and Resources

- The **Centers for Disease Control and Prevention (CDC)** strongly advises against using e-cigarettes. Vaping has been linked to severe lung disease, and e-liquids often contain harmful chemicals and metal particles that can damage your lungs.
- **ItsNotJustWater.org.** This site offers educational resources and information about the risks of vaping and e-cigarettes.
- **Quit Vaping Resources from Smokefree.gov.** Get support with managing triggers, making a plan, and quitting vaping. Visit [Smokefree.gov](https://www.smokefree.gov) Quit Vaping Resources to start your journey.



Youth Resources

- **My Life, My Quit.** A **free** service from the PA Quitline specifically for teens. Whether you're ready to quit or just need advice, you can call or text to connect with a coach who'll help you on your terms. Text “Start” to 36072 or call 1.800.QUIT.NOW.
- **Not for Me from the American Lung Association.** A mobile-friendly, self-guided program aimed at helping teens break free from nicotine addiction, whether they smoke, vape, or use other tobacco products.
- **Smokefree Teen/QuitSTART App.** This **free** program, run by the National Cancer Institute, helps teens understand the impact of smoking or vaping on their health and offers strategies to quit. It includes the QuitSTART App, a personalized tool with tips, inspiration, and challenges to help teens quit smoking or vaping. The app is available for download on iOS and Android.

These resources are here to support you every step of the way. Whether you're quitting smoking, chewing tobacco, or vaping, there's help available when you're ready to make a change.

Community Health

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