

Enroll Today!



Call the Nebraska Tobacco
Quitline at

1-800-QUIT-NOW
(1-800-784-8669)

or

Enroll online
QuitNow.Ne.Gov

Trying to Quit?

Text IMREADY to 39649

for texts to help keep you on track!

Standard texting rates apply. Opt-out at any time.

Tips to Quit

MAKE THE DECISION TO QUIT

List your reasons to quit, and place the list where you can see it often.

SET YOUR QUIT DATE

Circle your quitting date on your calendar.

GET PREPARED

Throw away your cigarettes, lighters, and ashtrays.

GET HELP

Your doctor can help you find ways to quit.

PLAN FOR UNEASY TIMES

Plan for how you will handle others smoking around you.

GET SUPPORT

Ask for support from your partner, family, and friends.

REWARD YOURSELF

Decide how you will spend all the money you'll save once you quit!

www.123actionnow.org



NEBRASKA
Diabetes Prevention
and Control Program

dhhs.ne.gov/diabetes QuitNow.ne.gov

PHA-PB-52 (99352) New form created 02/11

Have Diabetes?

Consider a Tobacco-Free Life.



Let Us Help.

Call the Nebraska
Tobacco Quitline
1-800-784-8669

I have diabetes. Why should I quit smoking?

- **Better blood sugar control.** Smoking raises your blood glucose.
- **Better blood pressure.** Your blood pressure will drop 20 minutes after you quit!
- **See the future.** Quitting will reduce your risk of going blind. Smoking raises risk of diabetic eye disease, one of the leading causes of blindness.
- **Happy feet.** Smoking impairs your circulation. Quitting lessens your chance of having a foot ulcer which could lead to amputation.
- **Have a heart.** Both smoking and having diabetes greatly increase your risk of heart attack and stroke. Quit smoking and manage your diabetes to lessen that risk.
- **There is free help for quitting.** You can call and talk to people who know what you are going through.

Thinking about quitting?

Decide for sure that you want to quit.

Promise yourself that you'll do it.

It's okay to have mixed feelings. Don't let that stop you.

There will be times every day that you don't feel like quitting. Stick with it anyway!

Find reasons to quit that are important to YOU, more than just health reasons.

Quitting isn't easy.

It may take several tries, but **you learn something each time you try.**

It takes willpower and strength to beat your addiction to nicotine.

Remember that **millions of people have quit smoking for good.**

You can be one of them. We can help. **1-800-784-8669**

I know I need to quit smoking, but how else can I be in control of my diabetes?

Learn more about diabetes.

Diabetes is serious, but you can learn to manage it!

Make healthy food choices.

Develop a diabetes meal plan with your health care team and use it!

Know your diabetes ABCs.

Talk to your health care team about how to manage your **A1C**, **B**lood pressure, and **C**holesterol. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems.

Be active.

Get at least 30 minutes of physical activity most days of the week! Just a little walk counts!

Smokefree.gov (<http://www.smokefree.gov>) provides information and professional assistance to help support the needs of people trying to quit smoking.

Quit Smoking
TODAY!
We can help.

