



Staying tobacco free after leaving treatment is important for your health.

*Stock image

Before leaving treatment

- Create a “how-to-stay tobacco-free plan” with your primary counselor. Try to keep using medication that is helpful in quitting tobacco products.
- If possible, make sure the facilities or home where you will be staying after treatment are tobacco-free.
- Find 100% tobacco-free Alcoholics Anonymous and/or Narcotics Anonymous groups where you can continue your recovery.

When leaving treatment:

Create a tobacco-free support system

- Seek out sponsors who will support your decision to quit tobacco.
- Talk about any hardships with remaining tobacco-free with your counselor in aftercare sessions.
- Make friends with others who do not smoke.
- Ask your friends and family to support your recovery from nicotine addiction by not smoking around you.

Change your life to...

- Include people, places and things that support your recovery, and get distance from those that do not.
- Avoid tobacco users or situations where you know tobacco will be used, if possible.
- Replace hobbies that remind you of tobacco (hunting, fishing, going to a bar/club, etc.) with others that help you stay tobacco-free (exercising, swimming, etc.).

 TakingTexasTobaccoFree

 @HEALTHuh @TTTF_

visit: www.takingtexasobaccofree.com

HEALTH
Research Institute

Helping Everyone Achieve a LifeTime of Health

Resources and support are available to help you quit or stay tobacco-free after you leave treatment.

Quitting smoking can save you thousands of dollars a year. Nicotine replacement therapy (NRT) is a valuable and low-cost support tool to help you stay tobacco-free and can cost less than smoking.

Two-Week Cost Comparison

Nicotine Replacement Therapy

Nicotine patches

- Nicoderm CQ = \$41.99
- Generic brand = \$27.49

Nicotine gum

- Nicorette – 100 pcs = \$41.99
- Generic – 100 pcs = \$25.99

Nicotine lozenges

- Nicorette – 81 pcs = \$41.99
- Generic – 81 pcs = \$23.99

Cigarettes (one pack per day)

- Marlboro (@ \$5.76) x 14 days = \$80.64
- Camel (@ \$5.74) x 14 days = \$80.36
- Newport (@ \$6.99) x 14 days = \$97.86
- Kool (@ \$5.34) x 14 days = \$74.46
- Pall Mall (@ \$4.50) x 14 days = \$63.00
- Virginia Slims (@ \$6.58) x 14 days = \$92.12
- American Spirit (@ \$6.63) x 14 days = \$92.82

NRT is available in smaller quantities

- 72 count 4 mg lozenges = \$25.49
- 20 piece 2 mg gum (generic) = \$6.99
- 20 piece 4 mg gum (Nicorette) = \$9.99
- 10 piece 4 mg gum/lozenge (generic) = \$5.49

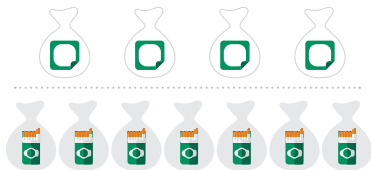
Great alternative
to buying a pack
of cigarettes

Switching to NRT will improve your health and

will cost you

1/2

**of what it costs if you
smoke one pack a day.**



HOW TO GET HELP

- Ask your doctor or counselor for help quitting.
- Call 1-800-Quit-Now (1-800-784-8669) for free help.
- Visit <https://smokefree.gov/> for a step-by-step guide.
- Check out <https://smokefree.gov/tools-tips/apps> for a free app to help you quit.
- Explore the resources at <https://www.takingtexasbaccotfree.com>.
- Find support at local meetings: Nicotine Anonymous <https://www.nicotine-anonymous.org/find-a-meeting>; Narcotics Anonymous <https://www.na.org>; or Alcoholics Anonymous <https://www.aa.org>.

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