



D2Q

Your local Appalachia II Health District and their partners are working together toward a healthy, brighter, tobacco-free future for you!

Cancer Society of Greenville County
Greenville Family Partnership
New Horizon Family Health Services
Pickens County Health Partners



D2Q

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Dedicate2Quit

It's never too late to quit.

Educate to motivate to quit

Nicotine replacement therapy

Smoker's cough

There is no safe cigarette,
and no safe way to smoke.

Nicotine is a poison.

Passive Smoking

Cessation

Addiction to tobacco hard to control?
Do Something About It!

It's never too late to improve your health!



Greenville Family Partnership

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If you are reading this brochure, it is because you already know that smoking increases your chances of developing emphysema, heart disease, and lung cancer and you want to do something about it.



If you quit smoking now, no matter how long you have been smoking you decrease your risk of smoking-related diseases and it will improve your health.

Getting ready to start D2Q

- Pay attention to when and why you smoke.
- Think about your reasons for quitting.
- Tell your friends and family you are planning to quit.
- What will you do with the extra money when you stop buying cigarettes?



D2Q

Freshstart – Go Tobaccoless

Is Greenville Family Partnership's quit smoking program. Personal coaches facilitate the four, one-hour trainings held during a two-week period. Your dedication to fight nicotine addiction is the most important decision. D2Q can help and encourage you to dedicate to live a smokeless life.

How does D2Q work?

- You will be encouraged to attend all four trainings.
- D2Q coaches will help you stop smoking as quickly as possible and learn new healthy tips for ending your physical and psychological need to smoke.
- Develop healthy alternatives to smoking
- Take back your health after you have quit smoking

Why does D2Q work?

- Nicotine—a very powerful drug!
- There is life without smoking!
- There is no good excuse to smoke!

If you need more help after this, we may have the answer.



D2Q

What are the many rewards of quitting smoking?

20 minutes after quitting, blood pressure drops to a level close to that before the last cigarette

24 hours after quitting, chance of heart attack decreases

1 to 9 months after quitting, coughing, sinus congestion, fatigue, shortness of breath decrease

1 Year after quitting, excess risk of coronary heart disease is half that of a smoker's

No more smoker's cough

You can also enjoy a renewed sense of taste and smell.

PASSIVE SMOKING—

Breathing other people's smoke is called passive, involuntary smoking. This is called secondhand smoke or environmental tobacco smoke (ETS). Non-smokers are at the same risk for the same illnesses as smokers.

Scholarship to QuitSmart program
Nicotine Replacement Therapy (NRT)
Live daily counseling 877-44U-Quit