



## Macon County Public Health

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# Press Release

### **QuitlineNC Offering Free Nicotine Patches with Gum or Lozenge through May 16**

QuitlineNC, North Carolina's telephone service to help people quit smoking and other tobacco use, wants to give a gift to tobacco users in the state in honor of Mother's Day by supporting anyone who wants to quit tobacco for good.

This free offer includes eight weeks of nicotine patches combined with either nicotine gum or lozenges. Nicotine patches help tobacco users overcome their addiction, and gum or lozenges are added to help them when they are experiencing cravings.

"This combination is proven to increase your chance of quitting successfully," Jim Bruckner, Health Director said. "I would love to see many tobacco users from Macon County take advantage of this offer."

Interested adults can call 1-800-QuitNow (1-800-784-8669) before midnight on Wednesday, May 16 to sign up. Anyone age 18 or older who takes advantage of the offer will receive four quit-coaching sessions and free printed materials to help them get started. QuitlineNC will mail the free medication directly to the person's home.

Quitting tobacco is the best thing anyone can do for their health. Using proven techniques developed and tested over the past 25 years, Quitline programs have helped hundreds of thousands of people across the country to successfully quit tobacco.

Success rates for Quitline users are high, with 27 percent quitting use of tobacco products through coaching alone, and 39 percent quitting if they use nicotine patches.

For more information on QuitlineNC services call today or visit <https://www.quitnow.net/northcarolina/>.