



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Alabama Tobacco Quitline offers nicotine patch to help smokers quit

FOR IMMEDIATE RELEASE

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Callers to the Alabama Tobacco Quitline can now receive additional help quitting tobacco with medication that will increase their chances of kicking tobacco for good. The Alabama Tobacco Quitline is offering a two-week supply of the nicotine patch to eligible callers.

Quitline coordinator, Brooke Thorington says, "Approximately 4,000 tobacco users will be eligible for the two-week supply of the nicotine patch, and they must agree to undergo counseling."

Dr. Donald E. Williamson, state health officer, said, "Studies show that counseling in conjunction with pharmacotherapy doubles a smoker or tobacco user's chances to quit for good. We are very excited to provide medication to help Alabamians quit tobacco to improve their health and the health of those around them."

A caller to the Quitline will receive telephone-based counseling which consists of four sessions averaging 20 minutes in length. The initial counseling session takes 30 minutes, on average. Sessions are arranged to best suit the caller's schedule.

In order to receive the nicotine replacement therapy patch, callers must meet the following guidelines and agree to ongoing counseling with Alabama Tobacco Quitline.

- Caller must be 18 years or older
- Caller will only receive nicotine replacement therapy if he or she is actively participating in the counseling and follow-up process
- Caller must smoke 10 or more cigarettes per day or be a daily user of smokeless tobacco
- Caller must not be pregnant or have any other health contraindications

If callers have any health contraindications, they must have written permission from their healthcare provider in the form of a letter or a fax referral form.

Callers who are deemed appropriate for a two-week supply of the patch will receive the patch by mail. Participants will be encouraged to save money that they would normally spend on cigarettes or chewing tobacco to purchase additional patches or other pharmacotherapy. The average tobacco user needs nicotine replacement therapy for eight to 12 weeks.

To learn if you are eligible, call the Alabama Tobacco Quitline at 1-800-Quit-Now or 1-800-784-8669.

5/30/06