



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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ADPH to increase nicotine replacement therapy for callers

FOR IMMEDIATE RELEASE

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Callers to the Alabama Quitline can now receive additional help quitting tobacco.

The Alabama Department of Public Health has increased the amount of nicotine replacement therapy patches given to qualified callers from a two-week supply to a four-week supply. Dr. Donald Williamson, state health officer, said callers who use cigarettes or chewing tobacco are eligible for this free service.

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

To receive the nicotine replacement therapy patches, callers must meet certain guidelines and agree to ongoing counseling with the Alabama Tobacco Quitline, 1-800-Quit-Now. The Quitline has been in operation since April 2005 and has served several thousand Alabamians.

Quitline callers who qualify to receive a four-week supply of the patch will have it mailed to them. Participants will be encouraged to save money 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.

One in four Alabamians use tobacco, according to statistics from the Centers for Disease Control and Prevention. CDC numbers show nearly \$1.5 billion is spent annually in this state to treat smoking-related health issues.

For more information and to check eligibility requirements, call the Alabama Tobacco Quitline at 1-800-Quit-Now or 1-800-784-8669.