

# Meet Teresa

My name is Teresa and I used to smoke. I started smoking because I thought it would help me cope with stress. But it caused more stress. I decided to quit because I knew that *I didn't want to have to tell my kids one day that I was terminally ill because I kept choosing to smoke.*

The West Virginia Quitline was my last opportunity and I had to seize it.

## WV Tobacco Quitline

The WV Quitline is FREE to all West Virginia residents. It provides helpful tools to help you quit smoking, including:

- FREE nicotine replacement therapies (NRT), like patches, gum and lozenges
- FREE calls with a trained cessation coach to create and carry out your personalized quit plan
- FREE educational materials



Teresa – Beaver, WV

According to the American Cancer Society, once you make the decision to quit, within:

- **20 Minutes:** Your heart rate and blood pressure drop
- **2 Weeks – 3 Months:** Your circulation improves and your lung function increases
- **1 – 9 Months:** Your cough and shortness-of-breath decrease
- **1 Year:** Your excess risk of coronary heart disease will be cut in half
- **5 – 15 Years:** Your risk of stroke will decrease

## If I can do it, you can too!

There's freedom and happiness in not smoking. This is a lifestyle I want to lead. The West Virginia Quitline is my hero!

## Benefits of Quitting

Even if you've smoked for years, like me, quitting is possible with help from the WV Quitline. The benefits of quitting begin within minutes of your last cigarette and continue the rest of your life.

West Virginia  
**TOBACCO  
QUITLINE**

1-800-QUIT-NOW 1-877-966-8784

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West Virginia Department of Health and Human Resources