



Ena – Charleston, WV

Meet Ena

My name is Ena and I am an ex-smoker. It was nothing for me to smoke a carton of cigarettes from 5 o'clock Friday evening to 8 o'clock Monday morning. Where I work, we have a respiratory department and I would see patients come in for oxygen tanks and I would think *someday that could very well be me*.

I called the WV Quitline and they helped me come up with a plan that worked for me.

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

Tips to Quit Smoking

Even if you've smoked for years, like me, quitting is possible with help from the WV Quitline. A few things to keep in mind when you're ready to make the leap:

- **Make the decision to quit** – set your mind to it and don't give up
- **Set your quit date** – whether it's today or in six months, set a date you will stick to
- **Get prepared** – throw away cigarettes, lighters and ashtrays

- **Get help** – talk to your doctor and call the Quitline
- **Make a plan** – figure out the best way for you to quit because everybody is different
- **Plan for uneasy times** – think about how to handle cravings and how to resist the urge to smoke
- **Get support** – talk to family, friends and your Quitline coach about quitting (my husband quit with me!)
- **Reward yourself** – plan how you will spend the money you save once you quit (I bought a whole new wardrobe!)

If I can do it, you can too!

Once I set my mind to it and with the help of the WV Quitline, quitting was easy. When the smoke cleared, it was a whole new world and I'm loving it! Call the WV Quitline today.

To hear my story, please visit www.enaquits.com or check out my Facebook page at www.facebook.com/Enaquits.

West Virginia
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West Virginia Department of Health and Human Resources