

CALIFORNIA SMOKER'S HELPLINE

1-800-NO-BUTTS

Telephone counseling sessions designed to help you quit.

Ready to Quit?

If you are ready to quit, a Helpline counselor can set up a quit plan that is right for you. An intake counselor will answer your first call and send you a packet of helpful information. The program provides information on arranging counseling sessions. A cessation counselor will return your call within 48 hours.

Medi-Cal?

The Helpline program can provide you with the Certificate of Enrollment necessary to receive nicotine patches, nicotine gum, or Zyban. You will need to take the certificate, along with a prescription from your doctor, to the pharmacy.

Teen Smoker?

The Helpline has services for teens too! Just identify yourself as a teen for help by mail or over the telephone.

Chewing Tobacco?

There is a special Helpline for chew tobacco users.

CHEWERS' HELPLINE
1-800-844-CHEW
(1-800-844-2439)

SPANISH
ESPANOL
1-800-45-NO FUME
(1-800-456-6386)

ALTERNATIVE TREATMENTS

Santa Barbara

Stillpoint Acupuncture Clinic
3887 State St. #104
687-2077

Project Recovery Acupuncture

133 E. Haley St.
564-6057

Santa Maria

Acupuncture Center of Santa Maria
225 E. Mill St.
922-4490

PAID FOR BY YOUR TOBACCO SETTLEMENT FUNDS

Para más información
en español llame
al 681-5407 o 346-7275

Santa Barbara County
Public Health Department
Tobacco Prevention Settlement Program

Santa Barbara 805-681-5407
Santa Maria 805-346-7275
Lompoc 805-737-7775 ext. 7275
www.sbcphd.org/tobacco
www.tobaccofreeca.com

BREATHE WELL

Get the help you need to quit smoking.



A Guide to Services in
Santa Barbara County



PROGRAMS

The following organizations offer programs at various times. Most are paid for by your tobacco settlement dollars. For telephone counseling call the **California Smokers' Helpline**:

1-800-NO-BUTTS

For the latest class schedule call the Tobacco Prevention Settlement Program in Santa Barbara: 805-681-5407 or in Santa Maria 805-346-7275.

Santa Barbara

Santa Barbara Neighborhood Clinics
963-8566 ext. 220

Santa Barbara County
Tobacco Prevention Settlement Program

Santa Barbara 805-681-5407
Santa Maria 805-346-7275
Lompoc 805-737-7775 ext. 7275

University of California, Santa Barbara
893-2714

Cottage Health System
569-7207

Nicotine Anonymous Support Groups
564-4806

Santa Ynez Valley

Please call 681-5407 for class schedules.

Santa Maria & Guadalupe

Community Health Centers
938-0935 ext. 619

Tobacco Prevention Settlement Program
346-7275

Lompoc

Sansum Clinic 737-8700

Tobacco Prevention Settlement Program
737-7775 ext. 7275

WHAT HAPPENS WHEN YOU STOP

WITHIN 20 MINUTES:

Blood pressure, pulse and temperature of hands and feet return to normal.

WITHIN 8 HOURS:

Carbon monoxide level in blood drops to normal. Oxygen level in blood increases to normal.

WITHIN 24 HOURS:

Chance of heart attack decreases.

WITHIN 48 HOURS:

Sense of taste and smell start to return to normal.

WITHIN 2 WEEKS TO 3 MONTHS:

Circulation improves.
Lung function increases up to 30%.

WITHIN 1 TO 9 MONTHS:

Coughing, sinus congestion, fatigue and shortness of breath decrease.
Energy level increases

WITHIN 1 YEAR:

Risk of coronary disease drops to half of that of a smoker.

WITHIN 5 YEARS:

Death rate due to lung cancer decreases by almost one half.
Risk of stroke is reduced to that of a non-smoker within 5-15 years.

WITHIN 10 YEARS:

Chance of lung cancer death is similar to that of a non-smoker.
Less risk of cancer of mouth, throat, bladder, kidney and pancreas.

WITHIN 15 YEARS:

Risk of coronary heart disease is that of a non-smoker.

MEDICATIONS

The following products can help you quit, especially if you join a class or use self-help material at the same time.

Nicotine replacement can minimize or eliminate withdrawal symptoms commonly experienced when quitting smoking or chewing. The quitter is better able to resist using tobacco when he or she might crave cigarettes or chewing tobacco.

*Varenicline (Chantix)**

This is a prescription medicine that is designed to help break the physical addiction to nicotine. It activates dopamine release and blocks nicotine from attaching to receptors in the brain.

Nicotine Chewing Gum/Lozenge*

The gum or lozenges are available over the counter in 2-mg or 4-mg strengths. The nicotine is absorbed by the membranes in the mouth and prevents withdrawal symptoms.

*Nicotine Patch**

Patches are available over the counter in 7-mg, 4-mg and 21-mg strengths. Dosage depends on the number of cigarettes smoked per day. Gradual weaning is recommended to reduce nicotine withdrawal effects. Do not smoke or chew while using nicotine replacement products.

*Bupropion (Wellbutrin, Zyban)**

Bupropion is a prescription medicine that helps reduce withdrawal symptoms and the urge to smoke. It acts on the brain to modify neurotransmitters involved in nicotine addiction and withdrawal.

*Side effects have been reported by a small percentage of users, so be sure to read and understand all package instructions.