

# Smoking Cessation

Even if you have smoked for decades, the numerous benefits of quitting now can last a lifetime.

Your MMH physician and these resources can help you start to quit today. The staff at Montrose Memorial Hospital, your Physician, Nurses and Respiratory Therapist want to be part of your healthy decision and help you quit smoking. Ask your care provider how we can help with replacement therapy and support. You may request assistance anytime during your stay.

COLORADO  
**QuitLine**™  
*Be tobacco free*

**1.800.QUIT.NOW**

**(1-800-784-8669) / www.coquitline.org**

The Colorado QuitLine is a FREE, telephone coaching service designed to help you quit smoking cigarettes and using other tobacco products such as cigars or chewing tobacco. QuitLine is a confidential service available in both English and Spanish. Call 1.800.QUIT.NOW to speak with Quit Coaches who can help you be tobacco free. Be sure to ask about how you can receive 8 weeks of FREE nicotine patches.

**CALL TODAY**  
**1.800.QUIT.NOW**  
**(1.800.784.8669)**

**The QuitLine Works! You are seven times more likely to quit smoking with the QuitLine than if you try to quit on your own.**

The screenshot shows the Colorado QuitLine website interface. At the top, there is a navigation bar with links for Home, Enroll Now, How Do I Quit?, Success Stories, Provider Referrals, and Español. The main content area features a large 'Sign up now! It's Free!' banner with an 'ENROLL NOW' button. To the right, there is a 'Success Story' section titled 'Tony's Story' with a photo of a man and a woman. Below this, there are sections for 'Thinking About Quitting', 'Tobacco & Your Health', and 'Additional Services'. A 'CDC Tips' section includes a graphic that says 'A TIP FROM A FORMER SMOKER: ALLOW EXTRA TIME TO PUT ON YOUR LEGS.' There are also social media links for Facebook and Twitter. At the bottom of the screenshot, a text box states: 'You are seven times more likely to quit with QuitLine than if you try to quit on your own.'