



***QUIT  
SMOKING  
YOUR WAY***

**WORK WITH ONE OF OUR  
COACHES TO CREATE YOUR  
PERSONALIZED PLAN FOR QUITTING**

**my  
quit**  
**Quit smoking  
your way.**

***myquit.ca · 1.877.376.1701***

## WHY IS QUITTING TOUGH?

There are two sides to quitting smoking.

**1. Nicotine Addiction** – When you smoke, your body develops a physical addiction to nicotine that means it needs nicotine to feel normal. If you have struggled with quitting before, it's important to remember that it's not you, it's the addictive nature of cigarettes.

**2. Smoking Routines** – If you have been smoking for awhile you will have certain times of the day, places, people, and situations that you associate with smoking. An important part of quitting smoking is to begin associating these routines or triggers with things besides reaching for a cigarette.

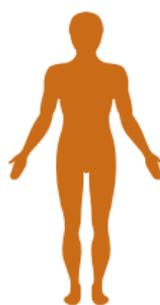
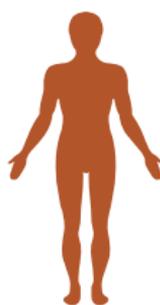
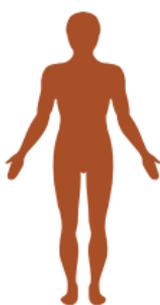
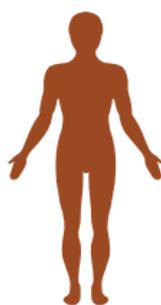
No two people have the same experience quitting smoking. Some people find they can quit with little or no withdrawal symptoms, and others have a really tough time quitting. The MyQuit coaches work with you to create a personalized plan for quitting to give you the best chance of success.

## GOOD REASONS TO QUIT

If you think you have been smoking too long from quitting, think again. The hum

Within 20 Minutes:  
Blood Pressure and  
Heart Rate Decrease

2 Weeks to 3 Months:  
Improved Circulation  
and Lung Function



8-12 Hours:  
Carbon Monoxide Drops,  
Blood Oxygen Returns to Normal

1-9 Months:  
Lungs Begin to Regain Normal  
Function, Including Ability to  
Clean and Fight Infection

## **WHAT YOU'RE UP AGAINST**

We understand that it's difficult to decide to stop smoking. Fear and self-doubt are just two reasons people put it off. The MyQuit program is not here to tell you why you should quit – but, when you're ready, we're here with options that will give you the best chance at success. You'll find that our approach is personalized to your situation. Most people who quit smoking will tell you it's the best thing they have ever done and they feel better, less stressed, and happy they finally did it.

## **SUPPORT INCREASES THE CHANCE OF QUIT-SUCCESS BY 50%.**

Years of smoking cessation coaching has taught us that quitting with support results in a 50% greater chance of success.

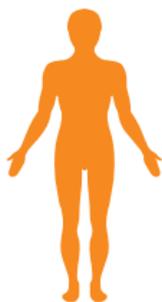
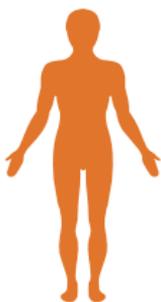
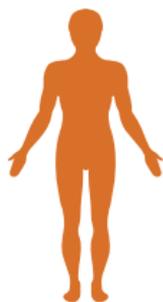
## **SOMETIMES THERE ARE DETOURS ON THE QUITTING SMOKING JOURNEY. WE UNDERSTAND THAT.**

It can take several quit attempts to achieve success. So if you tried before and were not able to keep it up – don't let that hold you back. Each time you quit you learn more about what worked and what didn't.

long and it is too late for you to benefit  
an body begins to recover quickly.

1 Year:  
Risk of Coronary Heart  
Disease is Cut in Half

10 Years:  
Risk of Cancer Reduced;  
Risk of Lung Cancer is Cut in Half



5-15 Years:  
Risk of Stroke Reduced to  
that of Non-Smoker

15 Years:  
Risk of Coronary  
Heart Disease is Similar  
to Non-Smoker

## ***ABOUT MYQUIT***

The MyQuit program is designed to support anyone interested in quitting smoking or cutting back their tobacco use. The program is free of charge and is delivered by our coaches who are trained in the latest techniques to help you successfully stop smoking.

Services are offered in locations across the region.



## ***HOW YOU QUIT IS PERSONAL***

The MyQuit program will help you learn more about what kind of smoker you are and teach you techniques that will significantly increase your chances of success with quitting smoking.

Just like every person's quit smoking journey is different, so are their definitions of success. For some, nothing less than stopping smoking entirely will be considered a success, while others might see reducing to half a pack a day as a personal success that's bringing them one step closer to quitting. Whatever your goal is, our program will help you reach it.

## ***ACCESS TO REDUCED COST QUIT SMOKING MEDICATIONS***

Many of our clients will choose to use one of the available quit smoking medications. You may be eligible to access these medications at a reduced cost, such as nicotine replacement therapy. Your coach will work with you to help you determine the best options for you.

# CHOOSE THE SUPPORT THAT'S RIGHT FOR YOU

## OUR COACHES

You will work with a coach to first assess your needs and determine what type of personalized quit plan will work best for you. We offer a few different types of coaching: one-on-one at one of our clinic locations or by telephone, group coaching, and an online program.



**One-on-One coaching** allows you to discuss and work through your quit plan with a qualified coach. It is personalized to you and the coach can work through any questions or concerns you may have.



**Group coaching** either in person or online allows you to share your experiences with others who understand what you are going through as well as learn from their experiences. You will also have the support of an experienced coach to answer your questions and develop a personalized quit plan.



**Phone coaching** allows one of our coaches to connect with you by telephone. Receive the same quality support from one of our coaches from the comfort of your home or office.



**Online program** is an interactive, web-based service that includes a self-directed quit program and an online community.



## ***DESIGNED BY LOCAL EXPERTS AND EX-SMOKERS***

We worked with successful ex-smokers in our region to design MyQuit. In addition to connecting you to coaching support, we will share with you the tips and techniques used by others to help them quit smoking.

MyQuit is in your community. That means that the support aids, expert advice, and coaches are close to where you live.

The program is offered in partnership with local health partners including the University of Ottawa Heart Institute, the Champlain Regional Cancer Program, Ottawa Public Health, Eastern Ontario Health Unit, Renfrew County & District Health Unit, Leeds, Grenville & Lanark District Health Unit, Smokers' Helpline, Mackay Manor, and Addictions Treatment Service.

## ***IN YOUR COMMUNITY***

Contact us for more information about MyQuit and finally quit smoking.



**1.877.376.1701**  
***myquit.ca***

*Services are offered in locations across the region*



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



Renfrew County and  
District Health Unit



Canadian Cancer Society  
Société canadienne du cancer



*Mackay Manor*  
A Residential Recovery Home for Men  
with Alcohol or Drug Problems



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