Oregon Tobacco Quit Line Offers Free Assistance

by Bend Weekly News Sources

Oregon's success at reducing tobacco use is saving many lives and dollars, but there are still thousands of smokers ready to quit who need help.

The Nov. 16 Great American Smokeout, sponsored by the American Cancer Society, is an opportunity to remind Oregonians that the Oregon Tobacco Quit Line provides free assistance.

"Most smokers want to quit," said Mel Kohn, M.D., state epidemiologist for the Oregon Department of Human Services Public Health Division. "The Smokeout is an opportunity for Oregonians who want to give up tobacco to join others across the state and the nation who are trying to kick the habit."

Kohn said that using the Oregon Tobacco Quit Line increases the potential for success. Callers are able to talk to experienced cessation specialists about how they currently smoke, why they want to quit, and what they've tried in the past that did or did not work. Cessation specialists then work with the caller to create a personalized quit plan. This may include follow-up phone calls to check progress.

The Oregon Tobacco Quit Line toll-free number is 1-800-QUIT NOW (1-800-784-8669) or 1-877-2-NO FUME (1-877-266-3863). TTY is 1-877-777-6534. Cessation specialists are available from 5 a.m. to 9 p.m. seven days a week.

The Quit Line was established in 1998 and is funded by voter-approved tax dollars. It is part of the DHS tobacco prevention program, which seeks to reduce tobacco-related illnesses and deaths.

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