

ELIMINATING TOBACCO PRODUCTS WILL IMPROVE THE HEALTH OF YOU AND YOUR FAMILY

We can help anyone age 18 or older in Hawai'i who is a:

- Current smoker
- Former smoker
- Tobacco user (e.g., cigars, chewing tobacco, betel nut, etc.)
- E-cigarette or vape user

Contact us to schedule an appointment or get more information about our free program.

☎ 808-983-6013

@ SmokefreeFamilies@Kapiolani.org



Who We Are

The Kapi'olani Smokefree Families program is here for you, wherever you are in your quitting process.

Our team of certified tobacco treatment specialists is led by Medical Director **Bryan Mih, MD, MPH**.

We keep up with the latest research to provide you the best possible treatment.

Kapi'olani Smokefree Families Tobacco and Nicotine Cessation Program

Funded by the
Hawai'i Tobacco Prevention and Control Trust Fund

Kapi'olani Smokefree Families Tobacco and Nicotine Cessation Program

1319 Punahou Street
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KAPI'OLANI SMOKEFREE FAMILIES

Tobacco and Nicotine Cessation Program



FREE services for those who use
cigarettes, tobacco or e-cigarettes.

Call 808-983-6013.

About the Program

The goal of this program is to create a healthier Hawai'i by helping patients and their families quit smoking and be tobacco-free. Our one-on-one program uses evidence-based treatments and compassionate support to help you meet your tobacco-free goals and live healthy.

HOW IT WORKS:

1. **CALL** to schedule your first appointment.
2. **WORK** with a tobacco treatment specialist to make an individualized quit plan.
3. **GET FREE** nicotine patches, gum or lozenges to help reduce your cravings.
4. **RECEIVE FOLLOW-UP** support calls weekly, monthly or as wanted.



Reasons to Quit

IMPROVE YOUR HEALTH

- Breathe easier and reduce coughing.
- Improve your sense of smell and taste.
- Your clothes and hair will smell better.
- Lower your risk of cancer and other diseases.

PROTECT YOUR FAMILY'S HEALTH

- Protect your family from smoke exposure that can cause problems that require doctor visits and hospital stays, such as:
 - Asthma
 - Ear infections
 - Colds and lung infections
- Have a safer pregnancy and reduce the risk of premature birth and SIDS.
- Be a good role model and decrease the chance of your children becoming smokers.

SAVE MONEY

- If you smoke a pack a day, you could save over \$3,000 a year by quitting.
- You could also end up taking less sick days from work due to tobacco-related illnesses.

WHAT ARE YOUR REASONS TO QUIT?



How to Quit

Quitting can be difficult, but there are effective treatments that can help you.

Counseling plus nicotine replacement therapy (e.g., patches, gum and lozenges) can double your chances of quitting for good.

QUIT PLAN TOPICS:

- Why do you want to quit?
- Your past cessation attempts.
- How to handle withdrawal symptoms, cravings and stress.
- Medications that can help you quit.

We understand that your life can be busy and stressful. Let us help you navigate your journey toward a smoke-free life.