Your Path to Quit Tobacco Can Start Today

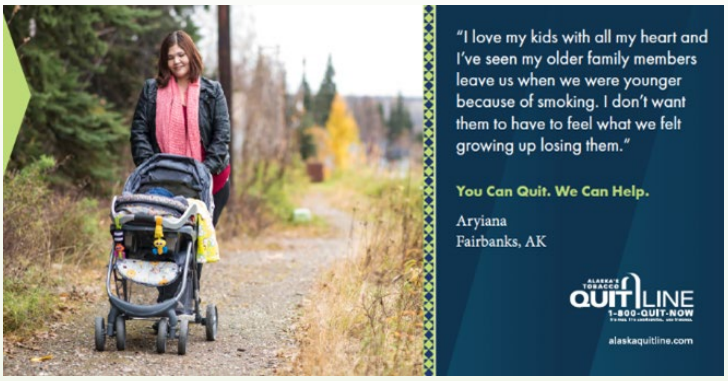
Quitting tobacco is one of the BEST THINGS you can do for your HEALTH, FAMILY, and COMMUNITY.

Quitting sets a positive example

for young people and helps protect future generations by keeping children away from secondhand tobacco smoke.[1]

In Alaska, tobacco use is a leading cause of preventable death for Alaska Native people.[2]

Since tobacco was first introduced to Alaska, time and culture have evolved tobacco use in some communities, which varies across region and tribe.[3,4]



Tobacco — including combustible cigarettes and smokeless tobacco like Iqmik— contains thousands of harmful chemicals and increases chances of addiction, cancer, and chronic diseases like heart disease and stroke.[5]

Iqmik

Iqmik, also known as blackbull, is a form of smokeless tobacco made from a mixture of fungus ashes and commercial tobacco leaves. Like other forms of smokeless tobacco, Iqmik contains nicotine and can lead to increased chances for addiction, cancer, and gum disease and complications during pregnancy and childbirth.[6–8]

It is never too late to quit tobacco.

Quitting now improves your health and reduces your chances of lung disease, heart disease, cancer, and other tobacco-related illnesses. Quitting tobacco has health benefits at any age, no matter how long or how much you have used. Within minutes of quitting, your body begins making healthy changes that continue for years.[5]

For some people, quitting for good can take many tries, but each time you try, you are learning what works to help you quit—and what does not.

There are proven strategies to help you quit. **Using a combination of quit coaching and nicotine replacement therapy increases your chances of quitting for good.**[5]



On the following page, explore available tobacco quitting resources for Alaska Native people.

Quitting tobacco can prevent tobacco-related disease and death. Find a free program to help.

Your Path to Quit Tobacco Can Start Today

Alaska Native Tribal Health Consortium:

Alaska Native Tribal Health Consortium offers free tobacco quitting resources to eligible Alaska Native people.

Quit coaching, nicotine-replacement therapies, and medication to help quit can be provided for up to one year. There is no limit to how many times you can access services during that year. You can also learn more about local cessation treatment programs in your area.

To learn more and get enrolled:

Call (907) 729-4343.

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Alaska's Tobacco Quit Line:

You can quit.
Alaska's Tobacco Quit Line can help.

To get enrolled

- Call 1-800-QUIT-NOW (1-800-784-8669), or
- Visit alaskaquitline.com to get enrolled.

Alaska's Tobacco Quit Line offers many free statewide services to help you quit for good, including:

- Patches, lozenges, and gum
- Over the phone or online
- Unlimited calls for support
- Quit guide
- Online program to track progress and access resources
- Supportive emails and text messages

Additional services

Pregnant or breastfeeding women and people experiencing mental health conditions, like depression and anxiety, receive more calls, additional nicotine replacement therapy, and coordinated treatment with healthcare teams.

Alaska's Tobacco Quit Line works with Tribal organizations, communities and healthcare providers across Alaska to make sure Alaska Native people get the support they need to quit. Quit Line resources — such as free nicotine replacement therapy and coaching — can be used along with local community treatment options and Tribal programs. For additional local resources, talk to your health care provider.

You can decide which free resources work best for you.

ALASKA'S TOBACCO QUIT LINE

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