

Smoking Treatment for Ontario Patients (STOP) Program

How can STOP help you or someone you know quit tobacco/nicotine?

The STOP Program offers counselling support and Nicotine Replacement Therapy (NRT)* (patch, gum, inhaler, lozenge, mouth spray) at no cost to people who want to quit or reduce their use of tobacco/nicotine products.

How does the STOP Program work?









What are the benefits of the STOP Program?

Smoking cigarettes continues to be the number one leading cause of preventable death and illness in Ontario.¹ To date, STOP has treated over 350,000 people!

There are many benefits to quitting smoking. Some occur over time, but some are felt almost immediately!²

| 8 hours | 48 hours | 72 hours | 1 year | 10 years | 15 years |
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| Carbon monoxide levels drop, oxygen levels start to increase to normal. | Sense of smell and taste return, chances of heart attack start to decrease. | Breathing gets easier and lung capacity increases. | Risk of smoking- related heart attack is cut in half. | Risk of dying from lung cancer is cut in half. | Risk of dying from a heart attack is the same as a person who has never smoked. |

Who funds the STOP Program?

The Smoking Treatment for Ontario Patients (STOP) Program is funded by the Ontario Ministry of Health.

How can I find out more about the STOP Program?

Please ask your practitioner at this Health Care Centre if you are interested in STOP or have any questions. You may also get more information at www.stopstudy.ca or email a STOP team member at stop.study@camh.ca.

*Not all types of NRT may be available at all times

¹ Ontario Lung Association: www.on.lung.ca, 2011. ² This is reproduced from http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/ orqa-svra/index-eng.php Health Canada, Tobacco Control Program. *On the road to quitting: Guide to becoming a non-smoker.*