



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.

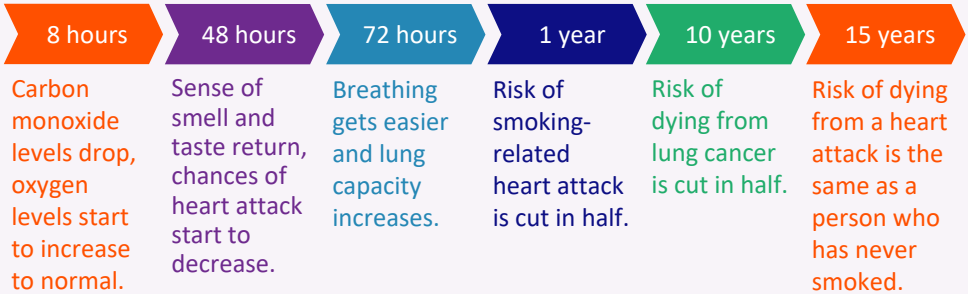
How does the STOP Program work?



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



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.*