

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

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

How does the STOP Program work?

Step 1 Step 2 Step 3 Step 4 Step 5 Provide Talk to your Complete a Discuss your Discuss your practitioner to consent form feedback quit plan successes and see if you are agreeing to with your challenges. and help us evaluate the eligible to join participate in health care Meet with your the program. the program practitioner program. practitioner and then and receive You must live every 2-4 Answer your complete our NRT. in Ontario and weeks and email or phone questionnaire. currently use receive when the STOP You can enroll commercial additional team contacts. online or intobacco/ NRT for up to you. person with nicotine 26 weeks. your products. practitioner.







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. To date, STOP has treated over 400,000 people!

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

72 hours 1 year 10 years 8 hours 48 hours 15 years Sense of Carbon Risk of Breathing Risk of Risk of dying smell and monoxide gets easier smokingdying from from a heart taste return. levels drop, and lung lung cancer attack is the related chances of oxygen heart attack is cut in half. capacity same as a heart attack levels start increases. is cut in half. person who start to to increase has never decrease. to normal. 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.stopprogram.ca or email a STOP team member at stop.program@camh.ca.

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.*

^{*}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