

SUCCESS STORY

Kimberly Lamar was 14 years old when she started smoking cigarettes. It was an easy habit to start; everyone in her family was a smoker.

While in her early twenties, she started developing frequent episodes of bronchitis and upper respiratory infections that almost turned into pneumonia. These episodes, along with her family's history of heart disease and stroke, were very concerning. During one of her many doctor visits, Kimberly was ordered to have a CT scan of her heart. Her doctor was concerned about the effects that smoking would have on her heart and lungs. The CT scan revealed that she had blockages in her aorta. Kimberly's doctor suggested that she quit smoking, prescribed Chantix, and talked to her about the Alabama Tobacco Quitline.



Kimberly called the Quitline immediately and enrolled in the program. Quitline counselors gave Kimberly great suggestions to help her quit smoking. They suggested she set her quit date on a Friday so she would have the weekend to begin coping with not smoking before returning to work. She was also encouraged to clean her house from top to bottom, removing anything that smelled like smoke as a way of symbolizing her fresh start.

Within 30 days, Kimberly had successfully quit smoking. She noticed changes immediately: being able to breathe better, having more energy...and having more money, too. She has not smoked a cigarette or used any tobacco products in over 18 years.

Kimberly wants to share her story as a way to encourage anyone who is thinking about quitting smoking so they can also be successful. She recommends they call the Quitline to get started on their quit journey.

The Alabama Tobacco Quitline is a free telephone, text, and online coaching service available for any Alabamian ready to quit using tobacco. The Quitline offers free counseling and up to eight weeks of free nicotine replacement therapy patches for those who are medically eligible. Counseling sessions are held on a schedule convenient for the caller.

QUITTING IS HARD. WE CAN HELP. **1.800.QUITNOW**
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