

SUCCESS STORY

Skye Asti grew up in a smoke-free home. Unfortunately, many of her friends had taken up the habit, and at age 12, Skye tried her first cigarette so she wouldn't feel left out. It wasn't long before Skye was skipping class to meet up with friends to smoke. Along with smoking, Skye also began drinking.

Nicotine is highly addictive; in fact, studies have shown that nicotine addiction can be as strong as addiction to substances like cocaine and alcohol. Those who start using tobacco at an early age are more likely to become addicted than those who start later in life. That was the case for Skye, who smoked more than a pack of cigarettes every day for the next 30 years.



Eventually, Skye grew tired of everything associated with smoking. She disliked the way she looked and smelled, and she was frustrated that so much of her money was spent on cigarettes. Having quit drinking in 2013, she decided in 2018 to quit smoking, too. Through her Alcoholics Anonymous counselor, she learned about the Alabama Tobacco Quitline and called 1-800-QuitNow for help.

Now, Skye feels wonderful and enjoys life again. She has more energy and more disposable income. She is very active outdoors, enjoying hiking and camping. Skye encourages anyone struggling with tobacco use to make up their mind to quit and set a quit date.

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**
QUITNOWALABAMA.COM