



Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](#)

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Programs and services to help you quit smoking

Every year, more than 4,000 Albertans die because of tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses that greatly affect their quality of life.

Commercial tobacco use (such as cigarettes, e-cigarettes, cigars and chewing tobacco) is the leading preventable cause of disease, disability and premature death in Alberta, and increases the risk of heart disease, lung cancer, oral cancers, chronic lung disease, diabetes and other illnesses. Quitting tobacco is one of the best ways to improve health and well-being. It may take several attempts to quit, so it's important to not give up.

AHS has programs and services to help Albertans quit:

- The AlbertaQuits Helpline, 1-866-710-QUIT (7848) provides one-to-one telephone counselling.
- Try a free text message service that gives tips and motivational messaging to help people quit. The text service includes support for quitting vaping and a live chat feature with quit counsellors. Enroll today by texting ABQUITS to 123456.
- The website albertaquits.ca provides information and tools for people preparing to quit.
- QuitCore is a group support program that provides people with strategies and skills they need to quit tobacco, while connecting them with others who are also

trying to quit. This program is offered in person, as well as virtually through Zoom.

- Use of cessation medications increases your chances of success, and the cost of the medications may be covered. Check with your provider for coverage information.

Information and resources are available at health clinics, pharmacies and dental offices in many communities and AHS locations, including cessation services created for patients who use tobacco or tobacco-like products.