

ምትካኽ ሽጋራ ንኸተቋርጹ ሓገዝ ርኽቦ/ኣናድዩ

ሕግም መንሸሮ (ካንሰር) ጸቕጢ ይፈጥር ኢዩ። ኣብ ክንዲ ሽጋራ ብምትካኽ ዘይኮነሰ ንዘለኩም ጸቕጢ ንክትፈትሑ ዝሕግዝኩም ካልእ መገድታት ኣትረኽቡልሉ ግዜ ሕጂ ኣዩ።

ሓደ ሓደ ሰባት ብገዛእ-ርእሶም ምትካኽ የቋርጹ እኳ ኣንተኮኑ። ንዓኹም ክሕግዩ ዝኽእሉ ሰባት ግን ኣለው። ምስቲ ክንክን ጥዕናኹም ዝከተታተለኩም ሓኪምኩም ተዘራረቡ - ኣብ ክሊኒክ ወይ ሆስፒታል ድግ ፕሮግራም ናይ ምቑራጽ ምትካኽ ሽጋራ ይህሉ ኣዩ። ካብቲ መስመር ሓገዝ ምቑራጽ ምትካኽ ሽጋራ (quitline) ድግ ናጻ ሓገዝ ክትረኽቡ ትኽእሉ ኢኹም።

ኩትላይንስ፡ ነቶም ከቋርጹ ዝደልዩ ኣትከኽቲ ሽጋራ ዚኸውን ልዑል ዝደረጅኩን ውጽኢታውን ሕክምና ክግበረሉም ብተለፎን ምዝርራብ ናይ ምኽሪ ኣገልግሎታት ዝህቡ ኢዮም። ዕውት ምቑራጽ ምትካኽ ሽጋራ ንኪኸነልኩም፡ መደብ ከተውጽኡ ክሕግዝኩም ዝኽእሉ ምኹራት ክኢላታት ክንክን ሕክምና ኣለውዎም። እቲ ዝህብዎ ሓገዝ ነቲ ዘድልዩኩም ነገራት ብዘግልእ መገዲ ዝተዳለወ ኣዩ። ሕክምና ከምኡውን ምኽሪ ክህቡ ይኽእሉ ኢዮም። ምትካኽ ሽጋራ ብዕውት መገዲ ንኸተቋርጹ ንዘለኩም ዕድላት ብዘደገቕ ፍጥነት ከምዝህይድ ኪገብርዎ ይኽእሉ ኢዮም።

መስመራት ሓገዝ ምቑራጽ ምትካኽ ሽጋራ (QUITLINES)

ኩለን ምምሕዳራት ዞባ፡ ብደረጃ ሃገር ዚመሓደር ብናጻ ደዊልካ ምኽሪ ኣትረኽቡሉ መስመር ሓገዝ (toll-free quitline) ኣለዎን። ሓደ ሓደ ምምሕዳራት ዞባ ድግ ብናጻ ምኽሪን፣ ኣብ ቆርቦት ዚልጠፍ ኒኮትን፣ ማስቲካን ዝኣምሰሉ ኣገልግሎታት ይህባ ኢዮን። ነዚ ናጻ ሓገዝ ንክትረኽቡ ብቑዓት ኣንተኹንኩም ንምፍላጥ፡ ናብዚ ኣብ ታሕቲ ተመዝጊቡ ዘሎ ቍጽርታት ተሌፎን ደውሉ።

ንተዛረብቲ ቋንቋ እንግሊዝኛ፡ ናብ 1-800-QUIT-NOW (1-800-784-8669) ደውሉ
ንተዛረብቲ ቋንቋ ስጳንኛ (እቶም ኣማኸርቲ ቋንቋ ስጳንኛ ይዛረቡ)፡ ናብ 1-855-335-3569 ደውሉ
ብመገዲ ኣስተርጓሚ ዝውሃብ ምኽሪ ድግ ብ140 ዝኸውን ካልእ ቋንቋታት ይውሃብ ኣዩ። ናብ 1-800-QUIT-NOW (1-800-784-8669) ብምድዋል፡ ናይቲ ዘድልዩኩም ስም ቋንቋኹም ንገሩዎም/ሓብሩዎም። ብድሕሪ'ዚ ምስ ኣስተርጓሚ ከርተሓሕዝኩም/ከረኻኽቡኩም ኢዮም።

ብቐጥታ ኣብ ኢንተርነት፡ <https://www.doh.wa.gov/SmartQuit>

GET HELP WITH QUITTING SMOKING

Having cancer is stressful. Now is the time to find other ways to help you with your stress instead of smoking.

Some people quit by themselves, but there are people who can help you. Talk with your health care provider - there may be a quit smoking program at the clinic or hospital. You may also be able to get free help from a quitline.

Quitlines are phone counseling services that provide high quality and effective treatment for smokers who want to quit. They are staffed by trained health care professionals who can help you plan for a successful quit. They tailor their help to meet your needs. They may provide medications as well as counseling. They can dramatically improve your chances of successfully quitting smoking.

QUITLINES

All states have a toll-free quitline that is managed nationally. Some states provide free counseling, nicotine patches and gum. Call the numbers below to find out if you are eligible for free help.

For English speakers, call 1-800-QUIT-NOW (1-800-784-8669)

For Spanish speakers (counselors speak Spanish), call 1-855-335-3569.

Counseling in 140 other languages is available through an interpreter. Call 1-800-QUIT-NOW (1-800-784-8669) and say the name of the language you need. Then they will connect you to an interpreter.

Online: <https://www.doh.wa.gov/SmartQuit>
