Tobacco Cessation Resource List

Websites: Smoking Cessation

- www.askandact.org
  - Tobacco cessation information and resources for patients and physicians
  - Fax: 540-878-2211 (Kerry Tranfa)
- www.smokefree.gov
  - Learn how to:
    - Quit smoking
      Use the online guide for the first days and the first year
    - Get expert help
      Talk to a counselor who can help, by phone or instant message
    - Access print resources
      Materials that have helped other smokers quit
    - Find studies
      Research studies looking for smokers who are trying to quit
- www.mytimetoquit.com
  - Explains why it's hard to quit smoking and provides help in planning a quit attempt
- www.quitnet.com
  - Patient support Web site and program; free
- www.getquit.com
  - Enrollment and completion certificates are available for insurance coverage
- www.cancer.org/docroot/PED/ped_10_3.asp
  - Kick the Habit Web site sponsored by the American Cancer Society
- www.surgeongeneral.gov/tobacco/
  - Sponsored by US Department of Health; resources for clinicians and patients
  - Link to US Public Health Service guideline
- www.ffsonline.org
  - "Freedom from Smoking® Online"
  - American Lung Association online smoking cessation program for patients
  - www.Lung.org/stop-smoking/
- www.tobaccofree.org/
  - Smokefree America's proven tips to quit smoking
- www.becomeanex.org
  - A new way to think about quitting smoking
- http://www.njchoices.org/.
  - Consumer-driven program for smokers with mental illness
- www.tobaccofreekids.org
  - Facts and Issues; take action
- www.thetruth.com
  - Facts about Big Tobacco
- https://www.quitnow.net/oregon/
  - Oregon Health Authority-Smokefree Oregon
- http://www.quitterinyou.org/
  - Another American Lung Association Help Guide

- http://www.acponline.org/fcgi/search?q=smoking&site=ACP_Online
  - American College of Physicians videos on quitting smoking
- http://women.smokefree.gov/
  - A site specifically for female smokers
- http://www.teen.smokefree.gov/
  - Help Teens Stop Using Tobacco
- http://www.communityintervention.org/sec2.html
  - Help Teens Stop Using Tobacco
- http://betobaccofree.hhs.gov/index.html
- http://smokingtotallynotcool.com/public/
  - Encouraging children to choose a healthy smoke-free lifestyle
- http://www.keepitsacred.org/network/
  - National Native American network to identify and eliminate health disparities related to commercial tobacco abuse.

Websites: Smokeless Tobacco Cessation

- www.bodybuilding.com/fun/sub3.htm
  - Don't Dip: Quit Smokeless Tobacco Now!
- www.quit-dipping-snuff.com
  - Smokeless Tobacco Alternatives. Tobacco-less Chew
- http://www.quitsmokeless.org/
  - Withdrawal Home Remedies
- http://www.killthecan.org/
  - Dedicated to helping people quit dip, smokeless and chewing tobacco
- http://mylastdip.com/
  - Web-based research project to evaluate ways to help people quit smokeless tobacco
- http://www.quittobacco.com/

- http://familydoctor.org/familydoctor/en/diseases-conditions/tobacco-addiction/treatment/smokeless-tobacco-tips-on-how-to-stop.html

Quit lines

- Oregon Tobacco Quit Line
  - **1-800-QUIT-NOW**
  - **1-877-2-NO-FUME (**en Espanol)

Group Support Programs

- *Bend Memorial Clinic*
  - **541-317-4506** No cost group support meetings every Monday Night at 5:30-6:30pm in the Mt. Bachelor Conference Room at the Main Clinic.

  - **http://www.facebook.com/CentralOregonQuits**

Pharmacological Aids

- Nicotine Replacements:
  - **Gum**: available without prescription (OTC). Can be helpful to use for a month or two to help quitters get over the initial nicotine addiction.
  - **Patches:** available without prescription (OTC). Another way to help tobacco users get over the initial tough times of nicotine withdrawal.
  - **Lung Inhaler** and **Nasal Sprayer**: prescription required.

- Non-Nicotine Aids:
  - **Zyban/Wellbutin/Bupropion:** standard and approved antidepressant for tobacco cessation; should not be taken by people with seizures – epilepsy. To maximize effectiveness, start 2-4 weeks before quit date and continue for 3-6 months after quitting. Prescription required.
  - **Chantix:** standard and approved, non-antidepressant nicotine blocker. To maximize effectiveness, start 7 days before quit date and continue for 3 months. Prescription required.

Acupuncture

- Ancient Chinese treatment can be effective for some people in reducing cravings and discomfort from withdrawal symptoms; requires a time commitment:
  - **Medical Acupuncture:** BMC Family Practitioner, Dr. Charlotte Lin performs medical acupuncture at the main BMC Clinic.
  - Call **541-382-4900** for more information.

COPD (Chronic Obstructive Pulmonary Disease)

ACP COPD Portal

Hypnotherapy

- Jane Meyers: Counselor/Hypnotherapist.
  - jane@janemeyers.com; www.janemeyers.com
  - 541-388-2929