

# Tobacco Cessation Resources

## Internet Sites

<a href="http://www.cancer.org">www.cancer.org</a>	American Cancer Society	1-800-ACS-2345
<a href="http://www.lungusa.org">www.lungusa.org</a>	American Lung Association	1-800-LUNG-USA
<a href="http://www.americanheart.org">www.americanheart.org</a>	American Heart Association	1-800-AHA-USA1
<a href="http://www.cancer.org">www.cancer.org</a>	National Cancer Institute	1-800-4-CANCER
<a href="http://www.ahrq.gov/clinic">www.ahrq.gov/clinic</a>	Agency for Healthcare Research & Quality	1-800-358-9295
<a href="http://www.aafp.org">www.aafp.org</a>	American Academy of Family Physicians	1-800-274-2237
<a href="http://www.americanlegacy.org">www.americanlegacy.org</a>	American Legacy Foundation	1-202-454-5555
<a href="http://www.ash.org">www.ash.org</a>	Action on Smoking and Health	
<a href="http://www.tobaccofree.org">www.tobaccofree.org</a>	The Foundation for a Smoke-free America	
<a href="http://www.surgeongeneral.gov/tobacco">www.surgeongeneral.gov/tobacco</a>	U.S. Surgeon General, tobacco information	
<a href="http://www.guideline.gov">www.guideline.gov</a>	National Guideline Clearinghouse	
<a href="http://www.familydoctor.org">www.familydoctor.org</a>	From the American Academy of Physicians	
<a href="http://www.cdc.gov/tobacco">www.cdc.gov/tobacco</a>	Centers for Disease Control and Prevention	
<a href="http://www.womenshealth.gov/quit-smoking/">www.womenshealth.gov/quit-smoking/</a>	National Women's Health Information Ctr	1-800-994-9662

## Web-based support groups

<a href="http://www.ffsonline.org">www.ffsonline.org</a>	<a href="http://www.nicotine-anonymous.org">www.nicotine-anonymous.org</a>
<a href="http://www.quitsmokingsupport.com">www.quitsmokingsupport.com</a>	<a href="http://www.makesmokinghistory.org">www.makesmokinghistory.org</a>
<a href="http://www.whyquit.com">www.whyquit.com</a>	<a href="http://www.quitnet.com">www.quitnet.com</a>

## American Cancer Society Local Offices

Kansas City Metro -	(913) 432-3277
Topeka -	(785) 273-4422
Wichita -	(316) 265-3400

## American Heart Association Local Offices

Overland Park -	(913) 648-6727
Topeka -	(785) 272-7056
Wichita -	(316) 265-4238

## American Lung Association Local Offices

Topeka -	(785) 246-0377
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## National Toll-Free Quit Lines

American Cancer Society	1-800-ACS-2345
American Lung Association	1-800-LUNG-USA
Kansas Tobacco Use Prevention Program	1-800-QUITNOW
Great Start (for pregnant women)	1-866-66-START
Cancer Information Service	1-800-422-6237



# Tobacco Cessation Materials

## American Heart Association

Quit Smoking for Good (see URL below)

The Effects of Smoking (see URL below)

The Effects of Smoking (Spanish) (PDF file-see URL below)

[http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingResources/Quitting-Smoking-and-Other-Educational-Brochures\\_UCM\\_316787\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingResources/Quitting-Smoking-and-Other-Educational-Brochures_UCM_316787_Article.jsp)

## American Lung Association

Smoking Cessation Resources Fact Sheet (see URL below)

Facts about How You Can Stop Smoking for Good (Pamphlet)

Freedom from Smoking (Pamphlet)

How to Help a Friend Quit Smoking (Pamphlet)

Questions and Answers About Smoking and Health (Pamphlet)

<http://www.lungusa.org/stop-smoking/>

## Agency for Healthcare Research and Quality

Clinician's Packet-Treating Tobacco Use and Dependence <http://www.ahrq.gov/clinic/tobacco/>

You Can Quit Smoking-5 Day Countdown <http://www.ahrq.gov/consumer/tobacco/5daybook.htm>

Help for Smokers & Other Tobacco Users <http://www.ahrq.gov/consumer/tobacco/helpsmokers.htm>

## Centers for Disease Control and Prevention

Quit Smoking [http://www.cdc.gov/tobacco/quit\\_smoking](http://www.cdc.gov/tobacco/quit_smoking)

Youth Tobacco Prevention <http://www.cdc.gov/tobacco/youth>

## Kansas Foundation for Medical Care

Stop Smoking Documentation Label (see URL below)

Stop Smoking Chart Label (see URL below)

<http://www.kfmc.org/providers/catalog/index.html>

## Office of the Surgeon General

Helping Smokers Quit – A Guide for Clinicians (PDF file)

You Can Quit Smoking – Pocket Card (PDF file) (English and Spanish)

Treating Tobacco Use and Dependence (PDF file)

Quitting Helps You Heal Faster – Hospital Card (PDF file) (English and Spanish)

<http://www.surgeongeneral.gov/tobacco/>