

Tobacco Cessation Resources

Internet Sites

www.cancer.org	American Cancer Society	1-800-ACS-2345
www.lungusa.org/tobacco	American Lung Association	1-800-LUNG-USA
www.americanheart.org	American Heart Association	1-800-AHA-USA1
www.cancer.gov	National Cancer Institute	1-800-4-CANCER
www.ahcpr.gov/clinic	Agency for Healthcare Research & Quality	1-800-358-9295
www.4women.gov/quitsmoking	National Women's Health Information Ctr	1-800-944-WOMAN
www.aafp.org	American Academy of Family Physicians	1-800-271-2237
www.americanlegacy.org	American Legacy Foundation	1-202-454-5555
www.ash.org	Action on Smoking and Health	1-202-659-4310
www.tobaccofree.org	The Foundation for a Smoke-free America	
www.surgeongeneral.gov/tobacco	U.S. Surgeon General, tobacco information	
www.guideline.gov	National Guideline Clearinghouse	
www.familydoctor.org	From the American Academy of Physicians	
www.cdc.gov/tobacco	Centers for Disease Control and Prevention	

Web-based support groups

www.ffsonline.org	www.nicotine-anonymous.org
www.quitsmokingsupport.com	www.smokeclinic.com
www.trytostop.org	www.whyquit.com
www.quitnet.com	

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) 272-9290
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National Toll-Free Quit Lines

1-800-227-2345	American Cancer Society	1-877-YES-QUIT	American Cancer Society
1-800-586-4872	American Lung Association	1-866-66-START	Great Start (for pregnant women)
1-800-422-6237	Cancer Information Service	1-866-KAN-STOP	Kansas Tobacco Quitline

Kansas Tobacco Quitline

TOLL-FREE
1-866-KAN-STOP (1-866-526-7867)
www.kanstop.org

**Kansas Tobacco Use
Prevention Program**
Kansas Department of Health and Environment

kfmc Kansas
Foundation
for Medical Care, Inc.

Tobacco Cessation Materials

American Cancer Society

Quitting Spitting (Pamphlet) (No. 2090)
Cold Hard Facts About Dip (Pamphlet) (No. 2643)
Smart Move Guide to Stopping Smoking (Booklet) (No. 2515)
The Decision is Yours (Pamphlet) (No. 2050)
The Smoke Around You...The Risks of Involuntary Smoking (Pamphlet) (No. 2060-CC)
When Smokers Quit (Leaflet) (No. 5602.00)
Why Start Life Under a Cloud (Leaflet for pregnant smokers) (No. 2717)

American Heart Association

How Can I Quit Smoking (PDF file-see URL below)
How Can I Handle the Stress of Not Smoking (PDF file-see URL below)
<http://www.americanheart.org/presenter.jhtml?identifier=3019598>
Quit Smoking for Good (Pamphlet) (No. 50-1511)
The Effects of Smoking (Pamphlet)

American Lung Association

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)

Agency for Healthcare Research and Quality

Clinician's Packet-Treating Tobacco Use and Dependence <http://www.ahrq.gov/clinic/tobacco/>
Consumer Packet-You Can Quit Smoking <http://www.ahrq.gov/consumer/tobacco/>
You Can Quit Smoking-5 Day Countdown <http://www.ahrq.gov/consumer/tobacco/5daybook.htm>

Centers for Disease Control and Prevention

Tobacco Information and Prevention Source (TIPS) <http://www.cdc.gov/tobacco/how2quit.htm>
Smoking Cessation Educational Materials <http://www.cdc.gov/tobacco/edumat.htm>

Kansas Foundation for Medical Care

Smoking Cessation Stickers
Stop Smoking Documentation Label-
http://www.kfmc.org/providers/Hospitals/Heart_Care/hosp_hc_stop_smoking_doc.html
Stop Smoking Chart Label-
http://www.kfmc.org/providers/Hospitals/Heart_Care/hosp_hc_stop_smoking_chart_label.html

Office of the Surgeon General

5-Day Countdown (PDF file)
Good Information for Smokers (PDF file) (English and Spanish)
You Can Quit Smoking – Consumer Guide (PDF file) (English and Spanish)
Treating Tobacco Use and Dependence (PDF file)
Frequently Asked Questions about Quitting Smoking (PDF file) (English and Spanish)
<http://www.surgeongeneral.gov/tobacco/>