

Tobacco Cessation Resources

Internet Sites

www.cancer.org	American Cancer Society	1-800-ACS-2345
www.lungusa.org	American Lung Association	1-800-LUNG-USA
www.americanheart.org	American Heart Association	1-800-AHA-USA1
www.cancer.org	National Cancer Institute	1-800-4-CANCER
www.ahrq.gov/clinic	Agency for Healthcare Research & Quality	1-800-358-9295
www.aafp.org	American Academy of Family Physicians	1-800-274-2237
www.americanlegacy.org	American Legacy Foundation	1-202-454-5555
www.ash.org	Action on Smoking and Health	
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	
www.womenshealth.gov/quit-smoking/	National Women's Health Information Ctr	1-800-994-9662

Web-based support groups

www.ffsonline.org	www.nicotine-anonymous.org
www.quitsmokingsupport.com	www.makesmokinghistory.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) 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

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

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/>

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Computers Help Ensure Quality - Information Technology

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