

You CAN Quit Smoking Now!

An Information Prescription from Your Columbia Advanced Practice Nurse

Call

The National Cancer Institute's Smoking Quitline, **1-877-44U-QUIT (1-877-448-7848)**.

Smoking cessation counselors are available to answer smoking-related questions in English or Spanish, Monday through Friday, 9:00 a.m. to 4:30 p.m. local time.

Deaf or hard of hearing please contact the TTY service, **1-800-332-8615**.

Referred by a Columbia Nurse

Get Info

The information that I have chosen for you:

I have ordered them for you and you will receive them in the mail.

I have given them to you.

Please order them by calling **1-877-44U-QUIT (1-877-448-7848)** or **1-800-4-CANCER (1-800-422-6237)** or view via the web.

Learn More

GENERAL INFORMATION

Quitting Smoking: Why To Quit and How To Get Help

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

Online Guide to Quitting

<http://www.smokefree.gov/guide/>

Smoking - The Facts (Requires Flash plug-in)

<http://www.nlm.nih.gov/medlineplus/tutorials/smokingthefacts/htm/index.htm>

TARGETED INFORMATION

African-Americans - Pathways to Freedom

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/index.htm

Smokers over age 50 - Clear Horizons

<http://www.myclearhorizons.com/>

Recently Quit - Forever Free™

<http://www.smokefree.gov/pdf.html>

Women and Smoking: Questions and Answers

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/women>

Secondhand Smoke

http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/

Secondhand Smoke Causes Sudden Infant Death Syndrome

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/sids/

HANDLING SPECIAL SITUATIONS WITHOUT SMOKING

Handling Stress... Without Smoking

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/stress>

Handling Irritability and Frustration...Without Smoking

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/frustration>

Being Around Other Smokers...Without Smoking

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/smokers>

Handling Cravings...Without Smoking

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cravings>

Handling Anxiety...Without Smoking

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/anxiety>

Handling Depression...Without Smoking

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/depression>

Having a Drink...Without Smoking

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/drinking>

Smoking and Weight

<http://www.smokefree.gov/pubs/FFree3.pdf>