

## SMOKING/ TOBACCO CESSATION

**PLEASE NOTE:** *This is not a comprehensive list. It will continued to be updated over time.*

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### Agency for Healthcare Research and Quality

<https://www.ahrq.gov/prevention/guidelines/tobacco/clinicians/tearsheets/helpsmokers.html>

<https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/tearsheets/helpsmokers.pdf>

*Help for Smokers and Other Tobacco Users booklet provides ways to quit smoking.*

### American Cancer Society: Smoking Cessation Support

<http://www.cancer.org/healthy/stayawayfromtobacco/index>

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking>

<https://www.cancer.org/latest-news/quit-smoking-for-good.html>

### American Heart Association

<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>

### American Lung Association Freedom From Smoking® Program

<https://www.lung.org/stop-smoking/join-freedom-from-smoking/>

### American Society of Clinical Oncology (ASCO): Tobacco Cessation and Control Resources

<https://www.asco.org/practice-guidelines/cancer-care-initiatives/prevention-survivorship/tobacco-cessation-control>

### Cancer.net

<https://www.cancer.net/navigating-cancer-care/prevention-and-healthy-living/stopping-tobacco-use-after-cancer-diagnosis/benefits-quit-smoking>

*Benefits of Quitting Tobacco Use; Risks of Continuing to Smoke; Myths About Quitting Smoking; Related Resources*

#### Resources to Help You Quit Smoking

<https://www.cancer.net/navigating-cancer-care/prevention-and-healthy-living/stopping-tobacco-use-after-cancer-diagnosis/resources-help-you-quit-smoking>

*Quit Lines; Support Groups and Programs; Information; Mobile Apps*

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### Center for Disease Control and Prevention (CDC) Office on Smoking and Health (OSH)

<https://www.cdc.gov/tobacco/about/osh/index.htm>

*“The agency and its partners promote tobacco control interventions, including actions to prevent youth from starting to use tobacco, smoke-free environments, programs to help tobacco users quit, and steps to eliminate tobacco-related health disparities in different patient populations.”*

#### Quit Smoking

[https://www.cdc.gov/tobacco/quit\\_smoking/index.htm](https://www.cdc.gov/tobacco/quit_smoking/index.htm)

### ChewFree.com

<https://www.chewfree.com/#login>

*“The ChewFree.com website was developed as part of a research project funded by the National Institutes of Health to help people quit their use of chewing tobacco or snuff. Now the website is open to anyone wishing to quit their use of smokeless tobacco products.”*

### My Last Dip

<https://mylastdip.com/>

*“MyLastDip is a web-based research project funded by a grant from the National Cancer Institute to evaluate ways to help people quit using smokeless tobacco.”*

### National Cancer Institute (NCI)

#### Smokefree.gov

<https://smokefree.gov/>

*SmokeFree Vet; SmokeFree Women; SmokeFree Teen; SmokeFree 60+. Create My Quit Plan; smartphone apps; text message programs.*

**NCI Smoking Quit Line: 1-877-44U-QUIT (1-877-448-7848)**

#### NCI Fact Sheet Where to Get Help When You Decide to Quit Smoking

<https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/help-quitting-fact-sheet>

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### National Comprehensive Cancer Network® NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®): Smoking Cessation

[https://www.nccn.org/professionals/physician\\_gls/pdf/smoking.pdf](https://www.nccn.org/professionals/physician_gls/pdf/smoking.pdf)

*General Principles; Initial Evaluation and Assessment; Current Smokers/ Those who Have Smoked Within Last 30 Days; Former Smokers/ Recent Quitters (> 30 Days Since Last Smoked); General Approach to Smoking Cessation for Patients with Cancer and Survivors; Principles of Alternative Approaches to Smoking Cessation; Smoking-Associated Risks for Patients with Cancer; Patient/ Provider Smoking Cessation Resources; Principles of Smoking Cessation and Cancer Surgery; Principles of Behavioral Strategies; Principles of Smoking Cessation Pharmacotherapy.*

### Nicotine Anonymous®

<http://nicotine-anonymous.org/>

*“Nicotine Anonymous (“NiCA”) is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease tobacco and nicotine products in any forms. The Fellowship offers group support and recovery using the 12-Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.”*

### North American Quitline Consortium

<http://www.map.naquitline.org/>

*Learn about quitline services in your state. Services Offered; Eligibility Criteria; Specialized Materials; Provider Referral Program; Smoke-Free Laws; Tobacco Tax Rates; Quitline Metrix*

#### Free and Discounted Cessation Medicine

<http://map.naquitline.org/reports/medication/>

#### Web-Based Services by State

<http://map.naquitline.org/reports/web/>

*Quit by Phone Program; Quit Online Program; Quitting Resources*

### U.S. Department of Health & Human Services BeTobaccoFree Program

<https://betobaccofree.hhs.gov/>

*Offers information regarding SmokeFree Apps; Speak to an Expert; Medications*