

Resources to Quit Smoking or Using Tobacco

This handout lists many resources for people who want to quit smoking or using other tobacco products. Talk with your health care provider about which program might be right for you. And, keep in mind, wanting to quit is the first step. It takes many people more than one try to quit for good. (This information is current as of October 2013.)

Washington State Tobacco Quitline

800-QUIT NOW (800-784-8669)

Spanish: **855-DEJELO-YA** (855-335-3569)

Chinese (Cantonese and Mandarin): **800-838-8917**

Korean: **800-556-5564**

Vietnamese: **800-778-8440**

TTY: **877-777-6534**

www.quitline.com

The Washington State Department of Health sponsors a free and confidential Tobacco Quitline that you can call 24 hours a day, 7 days a week. The quitline helps you quit using tobacco by addressing the mental and physical aspects of tobacco addiction. The quitline provides you phone-based support, self-help material, and medicines, if needed.

When you call the toll-free Quitline, a registration specialist will answer your call. The registration specialist will take down your information so they can best match you with the highest service benefit available. All information collected is kept strictly confidential and is treated as Protected Health Information (PHI).

Please have this information ready when you call:

- Insurance plan number or status
- Employer or employment status
- Any important health conditions that may affect your treatment



This handout provides information on many different resources that can help you quit smoking or using tobacco.

You do not need medical insurance to use this service. Anyone who lives in Washington state is eligible for at least one call. You also do not need proof of citizenship for this call.

The registration specialist will share what you can expect from the service. You can talk with a quit coach once the registration specialist determines the highest possible benefit plan for you.

Quit coaches:

- Are professionals with over 240 hours of specific training in tobacco cessation counseling and ongoing training in motivational interviewing, cultural competency, and skills to work with special populations.
- Come from a variety of backgrounds, age groups and ethnicities.
- Must not have used tobacco and nicotine for 2 or more years.
- Provide one-on-one counseling to you over the phone. They can help you create a tailored quit plan, provide medicine decision support, and give you tips and tools on how to overcome everyday urges.

Washington State has funding to make the quitline available to people without insurance for 1 year thanks to the Centers for Disease Control and Prevention. Since launching in 2001, this service has helped more than 160,000 Washington residents.



Quit For Life Program

800-QUIT-NOW (800-784-8669)

www.quitnow.net/programlookup

The Quit For Life Program is a phone-based cognitive behavioral coaching and medicine support program. It is sponsored by the American Cancer Society and Alere Wellbeing. The program is built on the organizations' 35 years of combined experience in tobacco cessation. It has helped more than 1 million tobacco users.

Check with your insurance to see if they cover the Quit For Life Program. There is no fee with most insurance plans.

The Quit For Life Program treats every tobacco user as a unique individual and tailors a quitting plan that is based on the participant's lifestyle, preferences, and tobacco use history. Participants receive multiple outbound coaching calls and unlimited toll-free access to Quit Coaches for the length of the program. They also have access to the program's Web Coach online learning community, Quit Coach calls, a mobile app, and a Text2QuitSM interactive text messaging program.



SmokEnders “Learn to Quit Kit”

SmokEnders

800-828-HELP (800-828-4357)

www.smokenders.com

This program approaches smoking from the psychological and physiological perspective. Seminars are available to the public in Seattle. The information is also available for individuals as an identical self-study kit. Each SmokEnders “Learn to Quit Kit” provides the smoker with a comprehensive behavioral system and allows the smoker to choose from 2 methods of nicotine reduction:

- Reducing nicotine milligrams while they continue to smoke

Or:

- Using a nicotine patch

With the exception of the first session, the behavioral training is the same for both programs. This is a 7-session program. It requires 7 weeks if you are not using nicotine *transdermal* therapy (a nicotine patch) and expands support to 12 weeks if you are using a nicotine patch.

You will keep smoking for the first 5 weeks while you *learn* to quit. You will then spend weeks 6 and 7 gaining the skills to live as a nonsmoker.

Each “Learn to Quit Kit” includes:

- Step-by-step behavior modification tools to “unlearn” how to smoke and live happily as a nonsmoker.
- Special techniques designed to disconnect all smoking triggers. The techniques are for all nicotine-based products, including cigarettes, cigars, pipes, and chewing tobacco; and nicotine patches, sprays, and gum.
- Proven solutions for both the psychological (behavioral triggers) *and* physiological (nicotine-withdrawal) aspects of addiction.
- Weight-control and stress-management techniques.
- Positive motivation based on improved self-esteem and true success stories.
- Easy-to-follow audio sessions, in your choice of cassette or CD formats.
- User-friendly, interactive workbook.



Freedom From Smoking (FFS) Online

American Lung Association

www.ffsonline.org

Basic FFS Online Program: Free

Premium FFS Online Program: \$15 for 3 months, \$40 for 1 year

This online program consists of modules of training and assignments through a confidential website. The Basic FFS Online Program has 7 modules, and the Premium FFS Online Program has 8 modules. Premium members also have access to message boards, downloadable relaxation exercises, and other social networking capabilities, and receive a Certificate of Participation after completion.

The assignments in both online programs reinforce the messages in each lesson and your commitment to quit. FFS Online does not begin with quitting. The program takes you through several lessons first to ensure that you have solid information about how to prepare to quit before Quit Day. Since this is an online program, you can use it at a time that works best for you.

Nicotine Anonymous

877-TRY-NICA (877-879-6422)

www.nicotine-anonymous.org

Nicotine Anonymous is a nonprofit 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 stop using tobacco and nicotine products in any form. The website allows users to find meetings in their community and provides listings for both phone and online meetings.

Smoke-Free Life Program at Seattle Cancer Care Alliance (SCCA)

206-288-7766

www.seattlecca.org/smoke-free-life-program.cfm

The Smoke-Free Life Program is available to SCCA patients. You do not have to be in Seattle to participate and benefit from the program. Staff can meet with you in person or talk with you on the phone. Staff can help members determine what medicine is best for them, and provide alternative approaches that will preserve and improve their health. The program's goal is to help members become a comfortable and confident nonsmoker in a time frame that works for them.



Lung Cancer Early Detection and Prevention Clinic at SCCA

206-288-7222

www.seattlecca.org/lung-cancer-early-detection-clinic.cfm

The mission of this clinic is to improve the length and quality of life among patients at risk for lung cancer and other disorders caused by tobacco. The clinic provides state-of-the-art clinical care and research focused on enhancing prevention, early detection, and treatment. Every patient is evaluated by a team that includes pulmonologists and chest radiologists who are dedicated to detecting lung cancer at its earliest stages.

As an SCCA patient, you will have immediate access to other specialists, such as interventional radiologists, nuclear radiologists, thoracic surgeons, radiation oncologists, and medical oncologists, all of whom will be able to share their expertise to help develop an effective plan for diagnosis and treatment of your disease.

Healthy Changes in Your Body

Your body begins a series of healthful changes only 20 minutes after you smoke that last cigarette. These healthy changes continue for years.

20 Minutes After Quitting:

- Your heart rate drops.

12 Hours After Quitting:

- Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting:

- Your heart attack risk begins to drop.
- Your lung function begins to improve.

1 to 9 Months After Quitting:

- Your coughing and shortness of breath decrease.

1 Year After Quitting:

- Your added risk of coronary heart disease is half that of a smoker's.

5 Years After Quitting:

- Your stroke risk is reduced to that of a nonsmoker's 5 to 15 years after quitting.

10 Years After Quitting:

- Your lung cancer death rate is about half that of a smoker's.
- Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years After Quitting:

- Your risk of coronary heart disease is back to that of a nonsmoker's.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.
