

## Tobacco Cessation Resource List

### Websites

- [www.askandact.org](http://www.askandact.org)
  - Tobacco cessation information and resources for patients and physicians
- [www.smokefree.gov](http://www.smokefree.gov)
  - Learn how to:
    - Quit smoking  
Use the online guide for the first days and the first year
    - Get expert help  
Talk to a counselor who can help, by phone or instant message
    - Access print resources  
Materials that have helped other smokers quit
    - Find studies  
Research studies looking for smokers who are trying to quit
- [www.ashp.org/tobacco](http://www.ashp.org/tobacco)
  - Recent news and publications about tobacco and smoking cessation
- [www.mytimetoquit.com](http://www.mytimetoquit.com)
  - Explains why it's hard to quit smoking and provides help in planning a quit attempt
- [www.quitnet.com](http://www.quitnet.com)
  - Patient support Web site and program; free
- [www.getquit.com](http://www.getquit.com)
  - Enrollment and completion certificates are available for insurance coverage
- [www.cancer.org/docroot/PED/ped\\_10\\_3.asp](http://www.cancer.org/docroot/PED/ped_10_3.asp)
  - Kick the Habit Web site sponsored by the American Cancer Society
- [www.surgeongeneral.gov/tobacco/](http://www.surgeongeneral.gov/tobacco/)
  - Sponsored by US Department of Health; resources for clinicians and patients
  - Link to US Public Health Service guideline
- [www.ffsonline.org](http://www.ffsonline.org) **Freedom From Smoking® Online**.
  - "Freedom from Smoking® Online"
  - American Lung Association online smoking cessation program for patients

### Quit lines

- Oregon Tobacco Quit Line
  - **800-784-8669 (800-QUIT NOW) (English)**
  - **877-266-3863 (Spanish)**

### Pharmacological Aids

- Nicotine Replacements:
  - **Gum:** available without prescription (OTC). Can be helpful to use for a month or two to help quitters get over the initial nicotine addiction.

- **Patches:** available without prescription (OTC). Another way to help tobacco users get over the initial tough times of nicotine withdrawal.
- **Lung Inhaler** and **Nasal Sprayer:** prescription required.
- Non-Nicotine Aids:
  - **Zyban/Wellbutrin/Bupropion:** standard and approved antidepressant for tobacco cessation; should not be taken by people with seizures – epilepsy. To maximize effectiveness, start 2-4 weeks before quit date and continue for 3-6 months after quitting. Prescription required.
  - **Chantix:** standard and approved, non-antidepressant nicotine blocker. To maximize effectiveness, start 7 days before quit date and continue for 3 months. Prescription required.

## Acupuncture

- Ancient Chinese treatment can be effective for some people in reducing cravings and discomfort from withdrawal symptoms; requires a time commitment:
  - **Medical Acupuncture:** BMC Family Practitioner, Dr. Charlotte Lin performs medical acupuncture at the main BMC Clinic.
  - Call **541-382-4900** for more information.

## COPD (Chronic Obstructive Pulmonary Disease)

[ACP COPD Portal](#)

## Hypnotherapy

- Jane Meyers: Counselor/Hypnotherapist.
  - [jane@janemeyers.com](mailto:jane@janemeyers.com); [www.janemeyers.com](http://www.janemeyers.com)
  - 541-388-2929