



Resources to Help You Stop Using Tobacco

Congratulations on your decision to look into ways to stop smoking. Deciding to quit your tobacco use is the most important thing you can do to protect and improve your health, especially if you are already experiencing health problems. You are also protecting the health of those around you. Quitting tobacco use is easier if you have help.

Trying to quit on your own (sometimes called “cold turkey”), may be difficult and uncomfortable. The following information will help make your quitting more comfortable which can assist you in reaching your goal of quitting and staying quit!

Using Medications Can Make You More Successful

For some people, medications help them stop smoking and using tobacco products. Talk to your health care provider and get information about the various FDA-approved (Food and Drug Administration) medications to help you quit. (See ATS Series on Tobacco pieces on OTC Medications, Prescription Medications, and the FDA website under the “Resources” section.)

Talk to someone over the telephone

Call your state quitline for help. If you don’t know how to reach your local quitline, call the National Quitline at 1-800-QUIT NOW (1-800-784-8669) and they will transfer you to your local or state program. The National Cancer Institute can also help you. They have smoking cessation counselors to answer your questions in either English or Spanish. Call 1-877-44U-QUIT (1-877-448-7848) to reach them.

Look on the internet for help.

The following websites offer suggestions on smoking and tobacco cessation.

- American Cancer Society www.cancer.org/smoking
- American Heart Association www.heart.org
- American Lung Association www.lungusa.org/stop-smoking/
- National Alliance for Tobacco Cessation www.becomeanex.org
- United States Government www.smokefree.gov

Get group support to help you stop using tobacco.

Join a local cessation class. Call your local hospital, health department or the quitline to find classes in your area to help you quit.

Don’t Give Up!

If you have tried to quit in the past and were not able to, try again! Sometimes tobacco users need to try several times to quit and stay quit.

ACTION STEPS:

- Don’t be discouraged if your first attempts to quit are not successful
- Find the right resource for you, by trying one or a combination of methods to stop tobacco use
- Speak with your health care provider about medication to help you stop smoking or using tobacco products
- Don’t give up!

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Resources:

<http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM198648.pdf>