

---

a series of fact sheets written  
by experts in the field of liver  
disease

---

*HCV Wellness:*  
***Smoking Cessation  
Resources***

Lucinda K. Porter, RN

• **American Cancer Society (ACS)**

[www.cancer.org](http://www.cancer.org)

Toll free: 1-800-227-2345. A practical and user-friendly web site for those wanting help with tobacco addiction. A good place to begin is to type “guide to quitting smoking” in the search box.

• **American Heart Association (AHA)**

[www.americanheart.org](http://www.americanheart.org)

Toll free 1-800-242-8721. Type “smoking cessation” in the search box for information, resources and tools to help quit smoking.

• **American Legacy Foundation**

[www.americanlegacy.org](http://www.americanlegacy.org)

Information and support for those looking to quit smoking.

• **American Lung Association (ALA)**

[www.lungusa.org](http://www.lungusa.org)

Toll free 1-800-586-4872. Click on the “Stop Smoking” tab

• **Canada Online**

<http://canadaonline.about.com/od/quitsmoking>

This web site offers help specifically for Canadians. There is advertising on this site.

• **Centers for Disease Control (CDC)**

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

Toll free 1-800-CDC-INFO 232-4636. CDC’s TIPS - Tobacco Information and Prevention Source has links and tools to help quit smoking.

• **Clear Horizons**

[www.myclarhorizons.com](http://www.myclarhorizons.com)

1- 800-422-6237

Excellent step-by-step smoking cessation information, sponsored by the University of Rochester.

• **Healthfinder**

[www.healthfinder.gov](http://www.healthfinder.gov)

Healthfinder is a service of the National Health Information Center, U.S. Department of Health and Human Services. Type “smoking” into the search field

• **National Cancer Institute**

[www.cancer.gov/cancertopics/tobacco/quitting-and-prevention](http://www.cancer.gov/cancertopics/tobacco/quitting-and-prevention)

Toll free 1-877-448-7848. This web site is packed with excellent smoking cessation resources, including links to direct phone and online assistance.

• **National Heart, Lung and Blood Institute**

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Toll free 1-800-575-9355. Type “smoking” into the search box to link to information about tobacco cessation.

• **National Institute on Drug Abuse**

<http://smoking.drugabuse.gov>

• **National Institutes of Health’s (NIH)**

**MedlinePlus**

<http://www.nlm.nih.gov/medlineplus/quittingsmoking.html>

[www.nlm.nih.gov/medlineplus/smoking.html](http://www.nlm.nih.gov/medlineplus/smoking.html)

[www.quitsmoking.com/clearingair.htm](http://www.quitsmoking.com/clearingair.htm)

Toll call 1-301-496-4000. Medline is a service of the NIH and the National Library of Medicine (NLM).

These web addresses link to an enormous amount of information about tobacco and smoking, much of it focused on quitting.

- **National Women’s Health Information Center (NWHIC)**

[www.4woman.gov](http://www.4woman.gov)

Toll free 1-800-994-9662 (800 994-WOMAN). Heart disease is the number one cause of death among women. The number one cancer killer among women is not breast cancer. It is lung cancer. Both of these preventable conditions directly relate to smoking. For information about smoking and women, type “smoking” into the search box.

- **Nicotine Anonymous**

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Toll free 1-877-879-6422. A nonprofit organizations that applies some of the same principles of Alcoholics Anonymous to nicotine addiction.

- **North America Quitline Consortium**

[www.naquitline.org](http://www.naquitline.org)

A consortium of North American organizations focused on smoking cessation.

- **Phillip Morris**

<http://www2.pmusa.com/en/quitassist/>

This tobacco industry-based web site appears to be bias-free and informative on the issue of smoking cessation. In spite of its direct link to the tobacco industry, it is a good place to start. The best features of this site are the free booklet and links to other resources, including smoking cessation programs.

- **Quitnet**

[www.quitnet.com](http://www.quitnet.com)

Sponsored by Boston University School of Public Health

- **Quit Smoking.Com**

[www.quitsmokingsupport.com](http://www.quitsmokingsupport.com)

1-(800) QUITNOW or 1-(800) 784-8669

This web site is worth a visit – especially since they removed the advertising.

- **Quitworks**

[www.trytostop.org](http://www.trytostop.org)

This website is sponsored by the Massachusetts Department of Public Health

- **SmokeFree.Gov**

[www.smokefree.gov](http://www.smokefree.gov)

- **U.S. Surgeon General’s Office**

[www.surgeongeneral.gov/tobacco/default.htm](http://www.surgeongeneral.gov/tobacco/default.htm)

Toll free 1-877-696-6775. This web site bills itself as providing information about “the latest drug and counseling techniques for treating tobacco use and dependency.”


*Be Sure to Check Out the Other Factsheets in the HCV Wellness Series on Smoking*

- Facts and Fiction about Smoking
- Facts for Smokers with HCV
- Rewards and Affirmations for Quitting Smoking
- Tips for Quitting Smoking

**For more information about hepatitis C, hepatitis B and HCV coinfections, please visit [www.hcvadvocate.org](http://www.hcvadvocate.org).**

• *hcspFACTsheet* •  
A publication of the Hepatitis C Support Project

<p><b>Executive Director</b> <b>Editor-in-Chief, HCSP Publications</b> Alan Franciscus</p> <p><b>Design</b> Paula Fener</p> <p><b>Production</b> C.D. Mazoff, PhD</p> <p><b>Contact information:</b> Hepatitis C Support Project PO Box 427037 San Francisco, CA 94142-7037 <a href="mailto:alanfranciscus@hcvadvocate.org">alanfranciscus@hcvadvocate.org</a></p>	<p>The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.</p> <p>This information is provided by the Hepatitis C Support Project • a nonprofit organization for HCV education, support and advocacy • © 2011 Hepatitis C Support Project • Reprint permission is granted and encouraged with credit to the Hepatitis C Support Project.</p>
--	---



**HCV ADVOCATE**  
[www.hcvadvocate.org](http://www.hcvadvocate.org)