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

HCV Wellness:

Smoking Cessation Resources

Lucinda Porter, RN

- **American Cancer Society (ACS)**

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

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

Information and support for those looking to quit smoking.

- **American Lung Association (ALA)**

www.lungusa.org

Toll free 1-800-586-4872. Type “smoking cessation” in the search field. ALA has an online tobacco cessation program called “Freedom from Smoking” along with lots of useful tools and information.

- **Canada Online**

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

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

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

- **Healthfinder**

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 or use this web address: www.healthfinder.gov

- **National Cancer Institute**

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

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**

www.nlm.nih.gov/medlineplus/smokingcessation.html and

www.nlm.nih.gov/medlineplus/smoking.html

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. Also from the NIH – www.quitsmoking.com/clearingair.htm

- **The National Latino Council on Alcohol and Tobacco Prevention**

www.nlcatp.org/FAQ/tobacco.cfm

Toll call 1-202-265-8054 (Hablamos español)

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

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

Toll call 1-415-750-0328. A nonprofit organizations that applies some of the same principles of Alcoholics Anonymous to nicotine addiction.

- **North America Quitline Consortium**

www.naquitline.org

A consortium of North American organizations focused on smoking cessation.

- **Phillip Morris**

www.philipmorrisusa.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

Sponsored by Boston University School of Public Health

- **Quit Smoking.Com**

www.quitsmokingsupport.com

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

- **Quitworks**

www.trytostop.org

This website is sponsored by the Massachusetts Department of Public Health

- **SmokeFree.Gov**

www.smokefree.gov

- **National Network of Tobacco Cessation Quitlines**

Toll free 1-800-QUITNOW (1-800-784-8669) TTY 1-800-332-8615. A national network of U.S. government agencies offering phone and instant messaging assistance for tobacco dependence. Ask for your state or Canada’s toll free number for help quitting smoking.

- **U.S. Surgeon General’s Office**

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.”



For more information about hepatitis C, hepatitis B and HCV coinfections, please visit www.hcvadvocate.org.

• *hcspFACTsheet* •

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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.

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