



## **A GUIDE TO HELP YOU QUIT SMOKING**

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## INTRODUCTION

Smoking cessation is the act of quitting smoking. It is important for smokers to quit as it affects every part of the body and affects family members through secondhand smoke. This educational packet is provided to help you better understand the health impact of smoking and the services available to help you quit.

## HOW TO USE THIS EDUCATIONAL RESOURCE TO HELP YOU QUIT SMOKING?

- ✓ Contact the NYU Langone Medical Center Programs to Quit Line for counseling and treatment options. Call “☎” 1-855-NYU-QUIT (855-698-7848)
- ✓ Sign up for free patches and unlimited free counseling from NY State Smokers’ Quitline. Call “☎” 1-866-NY-QUITS (1-866-697-8487)
- ✓ Learn about the health impact of smoking for you and your family
- ✓ Use helpful & easy tools to get ready to quit smoking
- ✓ Learn how to track smoking habits and how to deal with nicotine cravings
- ✓ Create a personalized Quit Plan
- ✓ Learn about the different things to help you quit. Nicotine replacement therapies like the patch or gum are available as an option.
- ✓ Be aware of the importance of creating a smoke free home for your family

## REASONS TO QUIT SMOKING

**Smoking is the #1 preventable cause of death** in the United States, claiming over 400,000 lives each year. Cigarette smoking is a major risk factor for many health problems such as lung cancer, emphysema and heart disease. Smoking has also been found to speed the progression of these and other diseases.

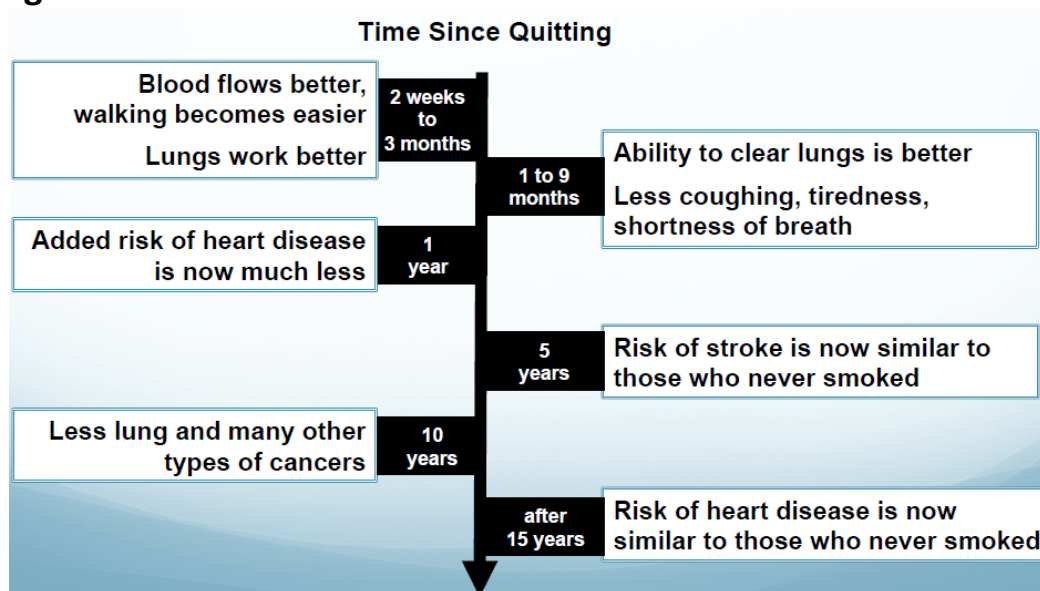
**Although not easy to do, it is possible to quit smoking** when you address the problem as an addiction that is connected to many health behaviors. Many smokers are discouraged when their attempts to quit smoking do not work.

**Combining counseling and taking medications to help you quit are the most effective approaches** to treating nicotine dependence. In addition, long term counseling to address social and mental factors connected to smoking can lead to healthier lifestyles that includes longer periods of time without smoking.



## REASONS TO QUIT SMOKING (CONTINUED)

- ✓ Take control of your health by lowering your risks of getting sick and getting cancer.



- ✓ Save over \$4,000 each year if you smoke a pack of cigarettes every day in New York City since it costs more than \$11 per pack.

Here is how much you can save...

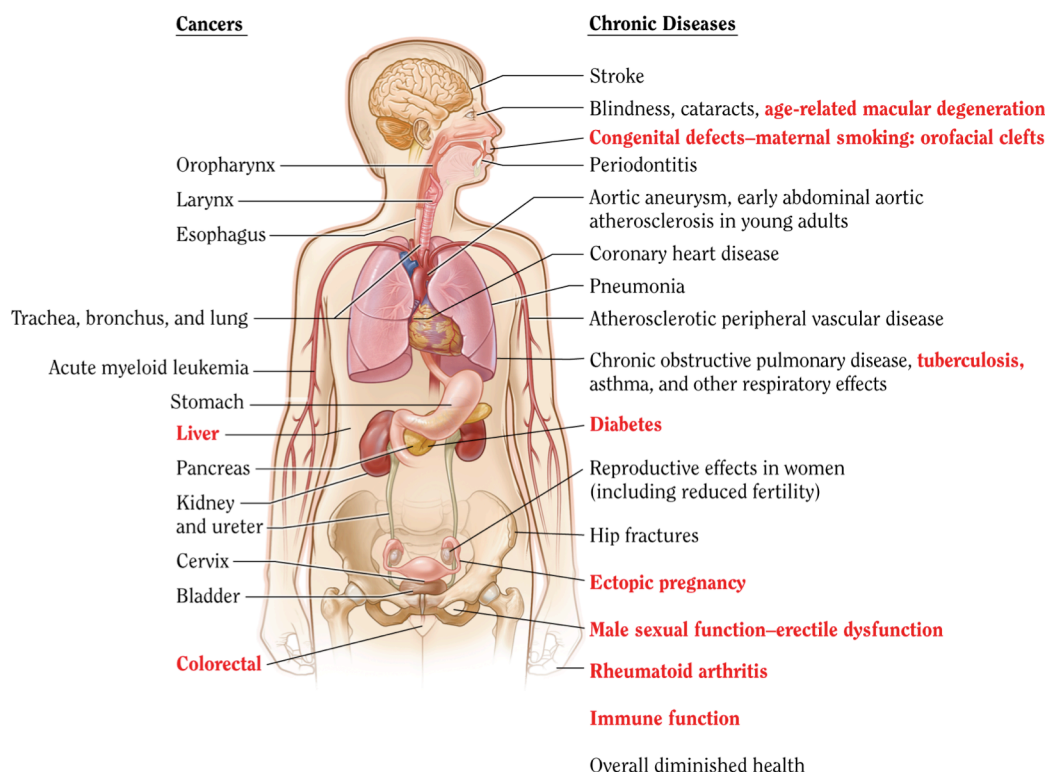
		Amount saved			
		1 day	1 week	1 month	1 year
If you smoke this much	1/2 pack a day	\$5.50 Laundry—wash & dry 	\$38 Monthly electric bill 	\$165 New pair of glasses 	\$2,000 New computer 
	1 pack a day	\$11 Coffee for one week 	\$77 15 round trip rides on the subway or bus 	\$330 32" flat-screen TV 	\$4,000 Weekly dinner out for 4 years 
	2 packs a day	\$22 2 tickets to the movies 	\$154 Groceries for a month 	\$660 Yearly cell phone bill 	\$8,000 One year of college expenses at CUNY 

<https://a816-nycquits.nyc.gov/SiteCollectionDocuments/pdf/smoke/smoke-quit-to-save.pdf>



## HOW DOES SMOKING AFFECT YOUR HEALTH?

Smoking affects every part of your body.



Source: USDHHS 2004, 2006, 2012.

Note: The conditions in red are new diseases that have been linked to smoking in this report.

Tobacco smoke contains a deadly mix of more than 7,000 chemicals, gases, and metals including 70 that can cause cancer.



Source: <http://betobaccofree.hhs.gov/about-tobacco/Smoked-Tobacco-Products/>





## SECONDHAND SMOKE & HOW IT AFFECTS YOUR FAMILY

### WHAT IS SECONDHAND SMOKE?

**Secondhand smoke** is the smoke that you breathe in from another person's cigarette.

Common places people breathe in secondhand smoke include:

- Bars & Restaurants
- Homes & Indoor workplaces
- On public transportation
- At schools and universities
- Secondhand smoke contains about 7,000 chemicals and poisons.
  - Almost 70 of these chemicals are known to cause cancer.
- When you breathe in secondhand smoke, you inhale the same chemicals as smokers do.
- Opening a window, sitting in a separate area, or using air filters or a fan **DOES NOT** get rid of secondhand smoke.

### HEALTH EFFECTS OF SECONDHAND SMOKE

- **INFANTS** Sudden Infant Death Syndrome (SIDS), low birth weight in newborns and lung problems in infants.
- **CHILDREN:** Can trigger more severe and frequent asthma attacks
- **Pregnant women:** premature delivery, Increases risks of birth defects
- **ADULTS AND SENIORS:** Increases the risk of heart and respiratory diseases and lung cancer, and worsens existing chronic conditions. More recent research suggests a link between long term exposure and dementia.

### DANGERS OF SECONDHAND SMOKE HAVE LED TO RISE IN SMOKING BANS IN HOUSING

- About 79% of New Yorkers have already made a no-smoking rule in their homes, including 43% of smokers.
- New Yorkers living in housing with many apartments have greater exposure to secondhand smoke than people living outside of the city
- Up to 66% of New Yorkers *support living* in a smoke-free building
- More than 200,000 children are regularly exposed to secondhand smoke at home.
- Smoking is not allowed in more than 8 out of 10 U.S. homes — nearly 2 times as many as 2 decades ago
- Current Asthma among NYC children is greatest in higher smoking rates neighborhoods.

***"The only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100% smoke-free environments."***

#### **Source:**

Centers for Disease Control and Prevention. Projected Smoking-Related Deaths Among Youth United States. MMWR 45(44). 1996.

<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2012childasthma.pdf>



## WHY YOU SHOULD HAVE A SMOKE FREE HOME?

*Every New Yorker has THE RIGHT to breathe clean, smoke free air where they live.*

### YOUR HEALTH

- Cigarette smoking affects the health of smokers and non-smokers, increasing the risk of heart disease, heart attack, and lung cancer.<sup>1</sup>
- According to the Surgeon General, there is no safe level of exposure. Inhaling any amount of secondhand smoke affects your lungs and blood vessels instantly, and greater or longer periods of exposure may lead to poor health outcomes.
- Kids who inhale secondhand smoke are more likely to get ear and lung infections, suffer from asthma, or die from sudden infant death syndrome (SIDS).<sup>2</sup>

### YOUR HOME

- Secondhand smoke travels easily through cracks in floorboards, doors, vents, and electrical ducts— In some cases, residents of multi-unit buildings may share up to 65% of their air.<sup>3</sup>
- Chemicals from secondhand smoke go into the surfaces of your home, and are very hard to remove.
- Secondhand smoke stays long after a cigarette is put out. Air purifiers are not enough to remove the secondhand smoke around you.<sup>4</sup>

## HOW TO MAKE YOUR HOME SMOKE FREE

- ✓ **Tell your friends and family you don't allow smoking in your home.**
  - Post a "Smoke-Free Home" sign on your door.
  - Have all smokers you live with sign a pledge to keep your home smoke-free.
  - Remove ashtrays, lighters and matches from your home.
  - Have low-calorie or sugar-free gum or candy available instead of smoking.
  - Be polite but firm. If people must smoke, insist that they do it outside.
- ✓ **Make your whole home smoke-free (not just a couple of rooms).**
  - Moving to another room, opening a window, or using a fan or air filter does NOT protect people.
  - Keep your home smoke-free even when no one else is around.

<sup>1</sup><http://www.surgeongeneral.gov/library/reports/smokingconsequences/index.html>

<sup>2</sup><http://www.surgeongeneral.gov/library/reports/secondhandsmoke/factsheet6.html>

<sup>3</sup>[http://www.mnsmokefreehousing.org/documents/presentations/CPPW1\\_Case\\_for\\_Smoke\\_Free\\_Housing\\_MN.pdf](http://www.mnsmokefreehousing.org/documents/presentations/CPPW1_Case_for_Smoke_Free_Housing_MN.pdf)

<sup>4</sup><https://www.ashrae.org/about-ashrae/position-documents>



## New York University Langone Medical Center PROGRAMS TO QUIT LINE

For Help Quitting: Call “☎️” 855.NYU.QUIT (855.698.7848)

Or visit: <http://nyulangone.org/patient-family-support/tobacco-cessation-programs>

### What to Expect When Calling NYULMC Quit Line:

Caller will be asked if they are an NYULMC employee or a patient and what medical insurance they carry. Then they will be directed to one of the following options:

#### 1. Quitting Tobacco Use Weekly Information Groups (12-1pm on Tuesdays)

📍 560 First Avenue, NY 10016

Call “☎️” 212-263-0966

Email: [MindBody@nyumc.org](mailto:MindBody@nyumc.org)

\*A FREE regular structured 5 week series for registered NYULMC Patients and Employees.

- Session 1: Tobacco Use, Health Problems, & Treatment
- Session 2: Behavior Modification
- Session 3: Getting Support
- Session 4: Nutrition
- Session 5: Stress Reduction

#### 2. Integrative Health

📍 317 East 34th (8<sup>th</sup> Floor), NY 10016

Call “☎️” 212-263-5767

- Personalized, complete, counseling program that addresses the physical and mental addiction on nicotine. Learn useful ways to deal with triggers and new coping skills to help you stay away from cigarettes for good! There is a cost for these services based on the type of session and the number of sessions attended.

#### 3. Smilow Cardiac Prevention & Rehabilitation Tobacco Cessation Program

📍 240 East 38th Street 16th Floor New York, NY 10016

Call “☎️” Nora Hunt at 646-501-7783 or 646-501-7734 for NYULMC Employees

Call “☎️” Dr. Jonathan Whiteson at 212-263-6037

#### 4. Tobacco Cessation Program at Perlmutter Cancer Center for Women’s Imaging

📍 221 Lexington Ave (Northeast corner of 33rd St) New York, NY 10016

Call “☎️” Dr. Donna Shelley at 646-754-1312

#### 5. Murray Hill Medical Group

📍 317 East 34<sup>th</sup> St (7<sup>th</sup> Floor), NY 10016

Call “☎️” Dr. Kevin Wallace at 212-726-7423



# Still smoking?

Let us show you how you can stop successfully.



## New York University Langone Medical Center SMOKING CESSATION CONSULTATION SERVICE

**Donna Shelley, MD, MPH**

**Associate Professor; Director for Research Development;  
Co-Director – Section on Tobacco, Alcohol, and Drug Use**

Call “☎” 646-754-1312 or

The Smoking Cessation Program offers intensive counseling and treatment for patients who are **current tobacco users** and including **patients who are not yet ready to quit** and/or have stopped smoking and are **concerned about starting again**.

**The Smoking Cessation Program is open to anyone who smokes and is covered by most insurance plans.**

**The program provides:**

- 45 minute initial visits with 15-30 minute follow-up visits or telephone counseling as needed
- Counseling with proven methods for quitting
- Medications to help quit smoking
- Feedback reports to referring clinicians with treatment plan and recommendations
- Customized medical and non-medical options

**Schedule an Appointment by Calling “☎” 646-754-1312**

**Wednesdays 1:00pm-5:00pm**

**Laura Perlmutter Center for Women's Imaging**

**221 Lexington Ave (Northeast corner of 33rd St) New York, NY 10016**

**Fax: (212) 263-7387**



## THE NEW YORK STATE SMOKERS' QUITLINE

Call “☎” 1-866-NY-QUITS (1-866-697-8487)

Live Quitline Hours:

Monday-Thursday, 9AM–9PM & Friday-Sunday, 9AM-5PM

NYC residents can Call “☎” 311

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

The New York State Smokers' Quitline is a free and confidential service that provides effective services to help New Yorkers stop smoking for those who want to quit.

## WHAT IS THE QUITLINE?

The Quitline offers:

- Free, unlimited telephone counseling to help you stop smoking
- Free, 2-week starter-kit of nicotine replacement therapy (NRT) such as Nicotine Patches to help quit smoking.
- Quit text messages – for more info to enroll <https://qunity.nysmokefree.com/>
- Online community/forums/quit journal

## YOU MAY BE ELIGIBLE TO RECEIVE A FREE STARTER KIT OF NICOTINE REPLACEMENT THERAPY (NRT)

- In order to be eligible to receive medication you must be: Older than Age 18; a NY state resident; smoke 10 or more cigarettes each day; and Plan to quit within 2 weeks

## WHAT TO EXPECT WHEN YOU CALL:

- Anyone can receive educational materials in their language of choice.
- If you are 14 or older- you can receive telephone counseling.
- If you are 18 years or older- you can receive Nicotine Replacement Therapy (NRT)
- You will need to answer a 15 minute survey to collect some information to make sure you are eligible to receive the NRT.



## Getting Ready to Quit Worksheet

**TIP #1:** One of the reasons why it is hard to quit smoking is that the nicotine in tobacco is an addictive drug. After you have smoked for a while, your body gets used to nicotine and relies on it to feel normal. When you don't give your body nicotine, your body will react by sending you unpleasant signals. These signals are called withdrawal symptoms. One way to control withdrawal symptoms is by using medications like the nicotine patch or nicotine gum during your attempt to quit.

✓ **Identify methods YOU used to quit during last attempt to quit.**

1. Have you tried counseling groups? \_\_\_\_\_ Quitline? \_\_\_\_\_
2. Have you used smoking medications to help you quit? \_\_\_\_\_
3. What type of medications did you use? \_\_\_\_\_
4. What happened when you used the medication? \_\_\_\_\_
5. What side effects, if any, did you have? \_\_\_\_\_

**TIP #2:** Getting help from a counselor, or using medication can help increase confidence and double your chances of success.

✓ **Assess pros and cons of quitting**

1. What are some of the things you like (enjoy) about smoking?  
\_\_\_\_\_
2. What are some of the things you don't like about smoking?  
\_\_\_\_\_
3. What is best thing that would happen if you quit smoking?  
\_\_\_\_\_

\*Ask yourself: "Do you think the good things about quitting outweigh the bad things?"

**TIP #3:** Nicotine addiction can make it hard to quit but there are also situations, feelings & thoughts that can increase the urge to smoke. These feeling, thoughts or activities are called triggers.

✓ **Understand triggers**

1. How is smoking part of your day?  
\_\_\_\_\_
2. What were you thinking/feeling right before you smoked the last time?  
\_\_\_\_\_
3. What were you doing when you were smoking the last time?  
\_\_\_\_\_



## Tools to Quit Smoking

There are many reasons to consider quitting- These reasons can include increasing costs of cigarettes, the health of your family, or to improve personal level of health.. Take a minute to list YOUR reasons to quit smoking, identify the top 3 triggers that prevent you from quitting, and describe how you would manage these triggers to prepare for your behavior change. *For example: To improve health after heart attack I smoke every time I drink coffee I will reduce drinking coffee overall and drink water or juice instead.*

### #1: Prepare for Behavior Change

A) Reasons I would want to quit smoking:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

B) Top 3 Triggers:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

C) If I were Quitting, what would I do to manage these triggers?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

### #2: How to Deal with Nicotine Cravings

**Distract yourself:** Call a friend, read a book, listen to music, or go for a walk

**Deep breathing:** While thinking about keeping your lungs clean and healthy.

**Drink water:** Help make your mouth feel fresh and clean. Brush your teeth if you can or have a fresh mint.

**Discuss:** Talk with someone about why you don't want to smoke anymore. Have them give you support.

**Delay response to the urge:** Use all the above and wait 10 minutes and see if the urge is still as strong.



## Creating a Quit Plan

- ☐ Get rid of your cigarettes, lighters, ashtrays & any other materials needed for smoking.
- ☐ Tell your friends and family you are trying to quit.
- ☐ Write down your reasons for quitting on a piece of paper, and put that paper in a place where you can see it every day.
- ☐ Monitor your smoking habit. For the next two days keep track of your smoking habit. Wrap a piece of paper around your pack of cigarettes and use that to write down the time of day, what you were doing (drinking morning coffee or how you were feeling (tired, angry, stressed) when you smoked. This will help you learn about your habit and triggers.
  - ✓ Use track pack to monitor smoking behavior.
- ☐ Develop a plan to manage triggers.
- ☐ How will you handle the places & events that you know will want to make you smoke?
- ☐ What can you do to avoid boredom?
- ☐ Keep a bottle of water.
- ☐ Make smoke free home. What steps can you take to make your home smoke free?
  - ✓ Review secondhand smoke fact sheet
- ☐ Get free services like counseling & medication through the Smokers' Quitline, and other options.



## Using a Track Pack to Monitor Smoking Behavior

### Becoming aware of your smoking behaviors may help you successfully quit smoking

- ✓ Fill out the form every time you light a cigarette.
- ✓ You will be tracking information on the time of day you smoke, your need for a cigarette, your mood, as well as what activity you were doing when you lit the cigarette.
- ✓ You can cut each chart out and put it between your pack of cigarettes and the plastic wrapper so you remember to record this information.

Date:				
	<b>Time</b> Time of day	<b>Need</b> S-strong M-moderate L-light	<b>Mood</b> One word, such as angry, sad, happy, stressed or content	<b>Activity</b> What you were doing at the time; key words like "with coffee"
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				



## What is Nicotine Replacement Therapy (NRT)?

- Nicotine Replacement Therapy (NRT) is medication that can help smokers quit smoking.
- NRT works! It can double a smoker's chances of quitting smoking.
- The chances of staying quit for more than six months is increased when a smoker uses NRT according to the directions.
- NRT reduces the intensity of withdrawal symptoms linked with cigarette smoking, such as:
  - irritability, frustration, anger, craving, hunger and weight gain, anxiety, difficulty concentrating, restlessness, and insomnia.
- NRT achieves the best results when combined with a personal quit plan.
- Generally, NRT can be safely used by people with diabetes or high blood pressure and does not increase the risk of heart attacks.
- Nicotine and NRT do not cause cancer.
- Nicotine does not cause tobacco-related diseases; rather it is the toxins found in cigarettes, and not the nicotine, that causes the negative health effects.
- 
- Using NRT is not trading one nicotine addiction for another because the likelihood of long-term dependence to NRT is very low and NRT products are much safer than cigarettes.
- Nicotine does not cause the yellowing of teeth, fingernails, and skin; rather it is the tar found in cigarettes that does.
- NRT does not cause weight gain, nicotine may actually help control weight.





**MEDICATIONS** can **double** your chances of quitting.

Medication Options	Over The Counter	Prescription Needed	Free at NYS Quitline*	Free with Medicaid
Nicotine Patch	✓		✓	✓
Nicotine Gum	✓		✓	✓
Nicotine Lozenge	✓			
Chantix (Varenicline)		✓		✓

*\*Smoker can receive 2 weeks supply of Nicotine Patches or Nicotine Gum for a maximum of 2 times a year.*

## Using the Nicotine Patch

You can buy the patch without a prescription, or if you have Medicaid/Managed care insurance coverage it's FREE with a prescription from your doctor.

### How do I use the Nicotine Patch?

- ✓ Use only 1 patch each day and wear it all day. Apply the patch immediately after removing it from its protective pouch. This stops the evaporation and loss of nicotine from the patch.
- ✓ Put the patch on a clean, dry area of skin on your upper body that isn't covered with hair, such as your upper arm, back or side.
- ✓ Change the placement area of the patch every day to avoid skin rash
- ✓ Continue using the patch for 12 weeks

### Side Effects:

- Rash – stop using if you develop a severe skin rash
- Vivid dreams: DO NOT sleep with the patch if you begin to have vivid dreams that make it hard to sleep
- Headache
- Every medication may have side effects. If you have side effects that bother you or don't go away, tell your doctor.

### ✓ Talk to your Doctor if you develop:

- Severe skin irritation or discoloration
- Irregular heartbeats or palpitations
- Severe chest pain or tightness
- Severe nausea and vomiting



## Using the Nicotine Gum

You can buy the gum without a prescription or if you have Medicaid/Managed care insurance coverage it's free with a prescription from your doctor.

### How do I use Nicotine Gum?

- ✓ Use 20-30 minutes **BEFORE** urge to smoke
- ✓ Steps:
  1. Chew gum slowly until a tingly feeling or peppery taste
  2. After that feeling, "park" it between gum and cheek
  3. When feeling disappears, chew again until sensation reappears then "park" it again
  4. Repeat for 30 minutes



### DO NOT:

- Swallow the gum
- Eat acidic foods 15 minutes before chewing the gum, (coffee, colas, tea, fruit juices,) and **DO NOT** eat or drink while using it.
- Chew more than 24 pieces of gum a day. You will use less gum as the urge to smoke decreases

### How long should I use the Gum?

- ✓ Use the gum for at least 12 weeks

### What are the side effects?

- The most common side effects are hiccups and mild mouth irritation. Forgetting to "park" the gum after you feel the tingle or peppery taste can lead to upset stomach or indigestion.

## Using the Nicotine Lozenge

You can buy the lozenge without a prescription or if you have Medicaid/Managed care insurance coverage it's free with a prescription from your doctor.

### How do I use the Nicotine Lozenge?

- ✓ Place the lozenge in your mouth.
- ✓ Move the lozenge from one side of their mouth to the other until completely dissolved
- ✓ To improve chances of quitting, use at least 9 lozenges per day for the first 6 weeks.
- ✓ It can take from 20-30 minutes to dissolve.



### **DO NOT:**

- Chew or swallow the lozenge or pieces of the lozenge (if broken).
- Eat or drink 15 minutes before using and do not eat or drink while using it.
- Use more than 20 lozenges per day

### How long should I use the Lozenge?

- ✓ Use the lozenge for at least 12 weeks

### What are the side effects?

- Local irritation of mouth and throat
- Upset stomach or indigestion
- Nausea
- Rarely causes coughing and hiccups



## Using Chantix (Varenicline)

### What is Chantix?

- Chantix (Varenicline) is non-nicotine prescription medicine to help adults quit smoking.

### How do I use Chantix?

- ✓ You will start taking Chantix **ONE** week **BEFORE** your quit date. This gives Chantix a chance to build up in your body.
- ✓ You may smoke during the first week of your Chantix treatment, but you should **stop smoking completely on Day 8 of your treatment.**
- ✓ Always take Chantix after eating and with a full glass (8 ounces) of water
- ✓ You should take Chantix **for 12 weeks.**
- ✓ If you miss a dose, take it as soon as you remember. If it's close to the time of your next dose, wait. Then just take your next regular dose. If you have side effects, your doctor may lower your dose.

### *In the first week:*

- ✓ In the first week take **one white pill every day for three days**, then
- ✓ **Increase to two white pills every day for 4 days**; one in the morning and one in the evening

### *The remaining weeks:*

- ✓ During the remaining weeks, take 2 blue pills every day: one in the morning and one in the evening
- ✓ After 12 weeks, you can talk with your doctor about another 12 weeks of treatment. Extending treatment can increase your chances of staying smoke free.

### What are the side effects?

- The most common side effects of Chantix include nausea, sleep problems, constipation, gas and/or vomiting.
- If you have a history of depression or other mental health problems, they may worsen while taking Chantix.
- Some people have had behavior changes and/or drowsiness that affected their ability to drive or operate machinery. Use caution driving or operating machinery until you know how Chantix may affect you.
- Be sure to tell your doctor if you have any side effects while taking Chantix. Your doctor may consider lowering your dose.

### Stop taking Chantix and contact your doctor if:

- You feel agitated, depressed or changes in behavior that are not typical for you.
- You have suicidal thoughts



## Resources for New Yorkers

### NYS Residents

- Visit [nysmokefree.com](http://nysmokefree.com) for more info about NYS Smokers' Quitline (1-866-NY-QUITS)

### NYC Residents

- NYC Quits - Call 311 to learn about quit smoking programs
- Visit [nyc.gov/health/smokefree.com](http://nyc.gov/health/smokefree.com) or <https://nycquits.org/pages/homepage.aspx>.

### NYU Affiliated Quit Smoking Programs

- Visit [here](#) for Quit Smoking Programs in NYC

<b>NYU - Cardiac Rehabilitation Program</b> 530 First Ave New York, NY 10016 (212) 263-6129	Support: Group; Individual Fee: Comprehensive Intake Evaluation (1-hour individual session) - \$100.00 per participant; Package of Six (6) Group Sessions - \$200.00 per participant; Package of Six (6) Individual Sessions - \$300.00 per participant; Additional Individual Sessions - \$75.00 per session
<b>NYU - Nursing Faculty Practice</b> 345 E. 24th Street, New York, NY 10010 (212) 998-9420	Support: Individual
<b>NYU Langone Medical Center: Smoking Cessation Service</b> 160 East 34th Street, 8th floor New York, NY 10016 Call for appointment Tel. (212) 731-5767	Support: Individual Fee: Most insurance plans accepted  45 minute initial visits with 15-30 minute follow-up visits or telephone counseling as needed Intensive evidence-based counseling Smoking cessation medical management Feedback reports to referring clinicians with treatment plan and recommendations Customized medical and non-medical options
<b>NYU Hospitals Center Smokers' Quitline</b> 530 First Avenue, New York, NY 10016 Tel. 1-855-NYU Quit (1-855-698-7848)	Support: Telephone Fee: Most insurance plans accepted





## For More Information

### Non-NY State Residents

- Outside NY, you can call 1-800-QUIT NOW for the phone Quitline in your state

### American Cancer Society

- Call 1-800-227-2345 or go [online](#) for Guide to Quitting Smoking, Guide to Quitting Smokeless Tobacco, Quit For Life Program, Helping a Smoker Quit, and more.

### American Heart Association

- The American Heart Association offers books, tapes, and videos on how smoking affects the heart, including a guidebook on weight control in quit-smoking programs. Check [online](#) or call 1-800-AHA-USA1 for more information.

### American Legacy Foundation

- Develops programs that addresses the health effects of tobacco use and aims to help young people reject tobacco and give everyone access to tobacco prevention and cessation services. Visit [www.americanlegacy.org](http://www.americanlegacy.org)

### American Lung Association

- The American Lung Association of New York provides smoking cessation services statewide. Options include Freedom From Smoking® Online, a program available 24/7 at <http://www.ffsonline.org> and the American Lung Association's Lung HelpLine (800-LUNG-USA). Call 631-265-3848 or visit <http://www.alany.org> for more information.

### Centers for Disease Control and Prevention

- The CDC provides booklets on smoking topics such as relapse, helping a friend quit smoking, health hazards of smoking. Visit [www.cdc.gov/tobacco/osh](http://www.cdc.gov/tobacco/osh)

### National Cancer Institute (NCI)

- Provides two key tools to help you quit smoking: LiveHelp, an online chat and the NCI's Smoking Quitline by calling 1-877-44U – QUIT Monday-Friday 8a-11p EST Visit <http://www.cancer.gov/cancertopics/tobacco/smoking>

### Smokefree.gov

- Provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.
- SmokefreeTXT, the National Cancer Institute's text messaging service