

Guide to Free Smoking Cessation Tools

WELLNESS
CENTER

Tobacco use can lead to nicotine dependence and many serious health problems.

Stopping smoking (also called cessation) can significantly reduce your risk of smoking-related diseases. Tobacco dependence is more than just a bad habit; it's a chronic condition that often requires repeated interventions. But effective treatments and cessation tools exist. Here are some of the free resources available:

Become an EX Smoker — www.becomeanex.org

Become an EX Smoker teaches you how to do the things you did while smoking, without smoking. This three-step program reveals steps to relearn life without cigarettes, educates you about nicotine addiction and ways to combat it, and provides guidance on recruiting your friends and family for support. An online forum connects you with others trying to quit, and the blog features contributions from medical experts who treat nicotine addiction.

Smokefree — www.smokefree.gov

Smokefree.gov is a government-funded program that offers science-driven tools, information and support that have been effective in helping smokers quit. Smokefree also connects you to free resources in your community for additional support.

LiveHelp — https://livehelp.cancer.gov/app/chat/chat_launch

Receive information and advice about quitting smoking through a confidential online text chat with a National Cancer Institute (NCI) smoking cessation counselor. Support via LiveHelp is offered (English only), Monday through Friday, 8:00 a.m. to 11:00 p.m. ET.



Smoking Quitline

Talk with a National Cancer Institute (NCI) smoking cessation counselor via phone to get help quitting and answers to smoking-related questions in English or Spanish. Call toll-free within the United States, Monday through Friday, 8:00 a.m. to 8:00 p.m. ET. 1-877-44U-QUIT (1-877-448-7848)

1-800-QUIT-NOW (1-800-784-8669)

Calling this toll-free number will connect you directly to your state quitline. All states have quitlines in place with trained coaches who provide information and help with quitting. Specific services and hours of operation vary from state to state.

Quitnet — www.quitnet.com

According to the Quitnet website, members of Quitnet have saved 433,833 years of life and \$5,228,343,874 by quitting smoking. This free online smoking cessation program offers help and support 24/7 from its members, who were previously smokers. Easy-to-use tools help you assess your level of addiction and readiness to quit, and allows you to develop your own tailored cessation plan.

Freedom from Smoking Online – www.ffsonline.org

Freedom from Smoking (FFS) Online is an adaptation of the American Lung Association’s gold-standard group clinic that has helped thousands of smokers to quit for good. FFS Online takes you through modules, each containing several lessons that you access through the protected website. These lessons include valuable information about quitting smoking, and most of them contain an assignment that you are to complete before moving on. The assignments reinforce the messages in each lesson and your commitment to quit. The basic program is free.

The Benefits of Quitting

20 minutes after quitting	Your heart rate and blood pressure drop.
12 hours after quitting	The carbon monoxide level in your blood drops to normal.
2 weeks to 3 months after quitting	Your circulation improves and your lung function increases.
1 to 9 months after quitting	Coughing and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
1 year after quitting	The excess risk of coronary heart disease is half that of a continuing smoker’s.
5 years after quitting	Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
10 years after quitting	The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
15 years after quitting	The risk of coronary heart disease is that of a non-smoker’s.

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