



## Smoking Cessation Resources

### American Heart Association Scientific Statements:

[Active and Passive Tobacco Exposure: A Serious Pediatric Health Problem](#)

[Cigarette Smoking CVD and Stroke](#)

[Flavorings in Tobacco Products Induce Endothelial Cell Dysfunction](#)

[Water Pipe \(Hookah\) Smoking and Cardiovascular Disease Risk](#)

[Cardiovascular Consequences of Childhood Secondhand Tobacco Smoke Exposure](#)

[Impact of Smokeless Tobacco Products on Cardiovascular Disease](#)

### American Heart Association Policy Statements and Presidential Advisories:

[Electronic Cigarettes](#)

[New and Emerging Tobacco Products and the Nicotine Endgame: The Role of Robust Regulation and Comprehensive Tobacco Control and Prevention](#)

### National Organizations offering resources and support:

#### American Cancer Society

Phone: 1-800-ACS-2345

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

[Center for Tobacco Control](#)

#### American Heart Association

Phone: 1-800-242-8721

Internet: [www.heart.org](http://www.heart.org)

[Tobacco Control, Prevention, & Cessation](#)

#### American Lung Association

Phone: 1-800-586-4872

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

Freedom from Smoking program:

Phone: 1-800-586-4872

Internet: [www.freedomfromsmoking.org](http://www.freedomfromsmoking.org)

#### Canadian Lung Association

Phone: 1-866-717-2673 (in Canada)

Internet: [www.lung.ca/lung-health/smoking-and-tobacco](http://www.lung.ca/lung-health/smoking-and-tobacco)

**Centers for Disease Control: Office on Smoking and Health  
National Center for Chronic Disease Prevention and Health Promotion**

Phone: 1-800-232-1311

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

**National Cancer Institute**

Cancer Information Center

Phone: 1-800-4-CANCER or 1-800-422-6237

Internet: [www.nci.gov](http://www.nci.gov)

[Tobacco and Cancer](#)

**Office of the Surgeon General**

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

[Tobacco Use, Prevention, & Cessation](#)

**Preventing Tobacco Addiction Foundation**

Internet: [www.Tobacco21.org](http://www.Tobacco21.org)

Additional Resources: free materials, guidelines, news releases, smoking cessation help/ideas/resources/counseling and reports:

**Nicotine Anonymous**

Phone: 1-877-TRY-NICA (1-877-879-6422)

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

**Agency for Healthcare Research and Quality**

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

**Become an Ex<sup>®</sup>, customized quit plans, including text messaging**

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

**Campaign for Tobacco-Free Kids**

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

**Foundation for a Smoke-free America**

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

**FTMC Smoking Cessation Program: 5-week online program as well as “fell off the wagon” support**

<http://www.fisher-titus.com/stopsmoking/>

**Stanford Medicine Tobacco Prevention Toolkit, targets middle and high school students**

[www.med.stanford.edu/tobaccopreventiontoolkit.html](http://www.med.stanford.edu/tobaccopreventiontoolkit.html)

**Truth Initiative, including e-cig quit program**

[www.truthinitiative.org](http://www.truthinitiative.org) or [www.TheTruth.com](http://www.TheTruth.com)

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

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

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