TOBACCO CESSATION RESOURCE GUIDE

This guide is provided to you by UM – Area Health Education Center (AHEC) Smoke Free Initiative Program Office. The information and statements in this guide are only intended to provide basic support and guidance regarding Tobacco Cessation. It is not intended to be medical advice and is not intended to replace the care or guidance provided by a physician or another healthcare professional. The information listed in this guide is subject to change at any time.

Tips to Help You Quit

Talk to your doctor: Nicotine – and withdrawal from it – may affect certain health conditions and create interactions with medications. Let your medical provider(s) know right from the start when you plan to stop smoking, dipping or chewing tobacco. Your doctor may have recommendations.

Get support: Let your friends and relatives know that you are trying to quit. Ask them *not* to offer you tobacco or use it around you.

Join a support group, and identify a fellow quitter with whom you can form a buddy system: you call him/her when you have a craving and offer the same support in return. This kind of system can make both buddies stronger.

Figure out your "triggers": When are your cravings strongest? When you're under stress? After a meal? When you first wake up, or at the end of the day when you're unwinding? If you can pinpoint some times when you are most likely to reach for a cigarette, dip or chew, you can try behavior modification by avoiding/modifying such situations, or by using substitutes like carrot sticks or gum.

Think "five minutes at a time": When you "need" a cigarette, dip or chew, try to wait five minutes. Many people who can do this often find that by the time the five minutes have passed, the urge is gone.

Write down all the reasons why you want to quit: Keep copies of this list in the places where you usually keep your tobacco. Seeing the list when you reach for your cigarettes, dip or chew can help you stop and think before doing it.

Stay busy: Try to become more active. Biking, walking, working out, going to a movie – these are all examples of ways to keep yourself busy and distracted. And remember – it's good reinforcement to socialize with others who are also trying to quit.

Getting Help to Quit

There are many programs and products designed to help people quit smoking. Using Food and Drug Administration (FDA)-approved medicines and a support program greatly increases the chance of quitting successfully.

Prescription Medications

Check with your physician about other FDA-approved drugs that have been shown to help people stop smoking. These drugs may ease withdrawal symptoms and/or block the effects of nicotine if the individual continues to smoke. These medicines may be covered under your health plan formulary.

Non-Prescription Medicines – Nicotine Replacement

• **Nicotine patch** — The patch is a form of nicotine replacement therapy. The purpose of the patch is to lessen your urge to use tobacco and cut down on your nicotine craving while you stop smoking. The patch delivers a sustained dose of nicotine throughout the day. The patch is available "over the counter" at pharmacies.

• **Nicotine gum or lozenge** – Like the patch, nicotine gum and lozenges lessen your cravings while you withdraw from nicotine. Both allow the user to treat sudden or situational cravings. Gum and lozenges can sometimes be used in combination with the patch; consult a medical provider. These products are also available over the counter.

Nicotine Replacement products may be covered by your health insurance, even if they are over-the-counter products.

Support groups, classes, or phone coaching

These programs offer people looking to quit an opportunity to receive and give support to others who are also trying to quit. Groups may also offer educational material on quitting.

Other Methods of Quitting

• **Hypnotherapy** – Some clinicians use hypnosis as a form of treatment during which the patient enters a "trance" and is then more receptive to suggestion. Suggestions can include eliminating smoking, phobias, stress, and obesity, among other maladies.

• **Bio-feedback** – This treatment by bio-feedback professionals and non-invasive bio-feedback machinery helps you learn your body's responses when you become stressed and "need" nicotine, and how to change or "re-channel" your feelings at those times. Bio-feedback is also used for many other stress syndromes.

• **Cognitive Therapy** – Cognitive therapy is relatively short-term and focuses not on your early childhood experiences, but on how you are thinking, functioning and communicating today. Cognitive therapy is action-oriented, helping the client learn self-help skills to gain freedom from real-life issues like tobacco use, alcohol abuse, marital conflict, panic and other problems.

• **Acupuncture** – Acupuncture may work for some people by intercepting messages sent by the brain to the body that demand more nicotine, thereby disrupting the addictive process. Acupuncture is said to be able to minimize nicotine cravings, calm the nervous system and strengthen willpower. Acupuncture can only work if you really want to stop using tobacco.

Support groups, classes, or phone coaching programs offer people looking to quit an opportunity to receive and give support to others who are also trying to quit. Groups may also offer educational material on quitting.

Local Resources (Gables Campus)

"Be Smoke Free" Smoking Cessation Program
Phone: 305-243-7606
Website: http://www.miami.edu/besmokefree
Patti and Allan Herbert Wellness Center - Instructor: Virginia Perez, CTTS
1241 Dickinson Drive, Coral Gables

Local Resources (Medical Campus)

University of Miami Area Health Education Center (AHEC)
Address: 1801 NW 9th Avenue, Suite 470, Miami, FL 33136
Phone: 305-243-2847 (Tobacco Coordinator: 305-689-5876)
Website: http://UHealthSmokeFree.com
Description: This agency, along with its two affiliated centers in Miami-Dade and Monroe counties, offers the Quit Smoking Now program at UM/JHS campuses as well as covering the entire two counties. This is a free program. Participants may receive services in a group or individual basis. Services are available in Spanish and Creole. **PLEASE NOTE**: While Chantix is not covered under our medical prescription plan, it is **FREE OF COST** under the Be Smoke Free program.

"Be Smoke Free" Smoking Cessation Program
Phone: 305-243-7606
Website: http://www.miami.edu/besmokefree
Medical Wellness Center (Medical Campus) - Instructor: Virginia Perez, CTTS
Clinical Research Building (1120 NW 14th Street)

Jackson Memorial Health System
Phone: 305-585-8924
E-mail: stopsmoking@jhsmiami.org
Website: (Under construction)

Affiliated Community Outreach Centers

Miami-Dade Area Health Education Center
Address: 8600 NW 53rd Terrace, Suite 200, Miami, FL 33166
Telephone: 305-597-3640
Website: www.mdahec.org
Description: This agency offers the Quit Smoking Now program. This is a free program. Participants may attend meetings at various locations throughout the Miami area. Current meeting locations are listed on the website. Interested individuals may register for the program by calling or through the website. Services are available in Spanish.

Florida Keys Area Health Education Center
Address: 5800 Overseas Highway, Suite 38, Marathon, FL 33050
Telephone: 305-743-7111, x 205
Website: www.keystoquitsmoking.com
Description: This agency offers the Quit Smoking Now program. This is a free program. Participants may attend meetings at various locations in the Florida Keys area and may also receive free or reduced-cost Nicotine Replacement and other therapies through this program. Current meeting locations are listed on the website. Interested individuals may register for the program by calling the above phone number.

Other Local Resources

The resources listed in this section are for referral purposes only. The University of Miami Area Health Education Center does not endorse, recommend or vouch for the quality of the services provided by the organizations listed in this section or for the content of their web sites. We leave it to your good judgment to contact and select the people, products and services that best match your individual needs, costs, and standards. Please use caution in choosing services for yourself and your family.

Quit Smoking Now:
For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669); TTY 1-800-332-8615. 24 Hours/Every Day - 800-CDC-INFO (800-232-4636)
TTY: (888) 232-6348

Nova Southeastern University Area Health Education Center
Address: 3200 South University Drive, Fort Lauderdale, Florida 33328
Phone: (954) 262-1588
Contact: Steven B. Zucker, D.M.D., M.Ed. AHEC Program Director
Website: http://medicine.nova.edu/academics/ahec.html
Description: The NSU AHEC "Quit Smoking Now" Program, part of the Florida State-wide AHEC Network, offers a tobacco cessation curriculum developed by ex-smokers. Classes meet on campus for 2 hours each week for 6 weeks, and cover a wide range of topics to help you through the cessation process.
Cost: Registration fee is $25 however; the fee will be refunded upon completion of the six week program.

Everglades Area Health Education Center (AHEC)
Address: 5725 Corporate Way, Suite 208, West Palm Beach, FL 33407
Phone: 561-640-3620
Website: http://www.eahectobaccoprogram.com/
E-mail: mleeds@nova.edu
Contact: Marilyn Leeds, Director of Tobacco Education and Cessation Services
Description: This agency offers the Quit Smoking Now program. This is a free program. Current meeting locations are listed on the website. Interested individuals may contact them by phone or e-mail.

Broward County Health Department
Address: 2421 SW Sixth Avenue, Fort Lauderdale, FL 33315
Phone: 954-467-4245 or 954-467-4807
Contact: Nicole Morris with Tobacco Prevention
Website: www.browardchd.org

Description: This agency offers Freedom from Smoking classes are provided for a $25 fee. Participants may be eligible to receive discounted Nicotine Replacement Therapy. The program lasts six weeks. Call to enroll or for more information.

Florida Quit For Life Line
Phone: 1-877-U-CAN-NOW (877-822-6669)
Website: www.floridaquitline.com
Description: This service is offered to Florida residents. The QuitLine is sponsored by the Florida Department of Health and is operated by the American Cancer Society. Five telephonic counseling sessions are initially provided (eight for pregnant women). Additional sessions may be available upon request. Educational materials are also available. Both counseling and materials are available in English, Spanish, and Creole. There is a translation service for other languages. Free Nicotine Replacement products (patches, gum, or lozenges) are distributed to eligible adult participants of the program. Participants must complete a brief phone screening to determine whether they are eligible to receive the patch.

The Florida Quit for Life Line can also provide referrals to local in-person tobacco cessation resources throughout the State of Florida.

Nicotine Anonymous: Search Meeting Locations in Miami
World services phone number: 1-877-879-6422 or 1-415-750-0328
Website: www.nicotine-anonymous.org
Description: Nicotine Anonymous is a program offering group support and recovery using a 12-Step program adapted from Alcoholics Anonymous to help participants quit using tobacco. Information about meetings is available by phone or on the internet.

Nova - Healthy Lifestyle Guided Self-Change Clinic
Address: 3301 College Avenue, Campus Clinic, Davie, FL 33314
Phone: 954-262-5968
Contact: Tony Craghead
Website: http://www.nova.edu
Description: The Guided Self-Change Clinic offers individual therapy for smoking cessation free of charge to the community. Call to set up an appointment. Services begin with a brief screening after which individual sessions are arranged with a counselor. The clinic is open Monday to Thursday 9:00 a.m. to 9:00 p.m. and Friday 9:00 a.m. to 5:00 p.m.

American Lung Association – South Florida Area
Address: 2020 S. Andrews Avenue, Fort Lauderdale, FL 33316
Telephone: 954-524-4657
Website: www.lungfla.org
Description: This chapter of the American Lung Association serves Miami-Dade, Broward and Monroe Counties. This office has information and educational materials regarding smoking cessation and can also provide referral to local in-person Freedom from Smoking classes.

American Cancer Society – Miami-Dade and Monroe County Unit
Address: 3901 NW 79th Avenue, Miami, FL 33166
Telephone: 305-594-4363
Website: www.cancer.org
Description: This office serves Miami-Dade and Monroe Counties. It provides information and educational materials regarding tobacco cessation. The American Cancer Society also administers the Florida Quit for Life Line (see above).

The Miami Hypnosis Center
Address: 429 Lenox Avenue, Miami Beach, FL 33139
Call to Schedule: 786-524-5464 (786-52-CLINIC)
Direct: 786-325-0804
Email: Todd@MiamiHypnosis.NET
Contact: Todd Goodwin, M.S., CH
Web site: www.MiamiHypnosis.NET, www.SmokeFreeCampus.com
Description: This center provides one-on-one hypnosis programs to assist with smoking cessation, stress management, and weight loss. You must first schedule a free initial screening prior to beginning any program. The cost for services varies depending on specific needs and is determined at the screening.

Miami Hypnotic Center
Address: Miami, FL
Phone: 305-389-0032
Website: www.miamihypnocenter.com
Description: This center provides hypnosis services and may assist with smoking cessation. Services are generally provided at a rate of $99/hour, but they may vary depending on individual needs. Services begin with a free 15 minute consultation.

Baptist Health South Florida
Website: http://switchboardmiami.communityos.org/sys/profile.taf?profiletype=service&recordid=173040

South Miami Hospital - Smoking Cessation Support Group
Address: 6200 SW 73rd Street, South Miami, FL 33143
Phone: (786) 662-8484 South Miami
Description: Smoking Cessation support group for adults (18+) trying to stop smoking or ex-smokers who need support to stay smoke-free.

South Miami Hospital @ Pulmonary Rehab
Address: 6250 Sunset Drive, South Miami, FL 33143
Phone: (786) 662-8484
Description: The Elusive Addiction Smoking Cessation Program provides support for those in need of assistance with cessation of tobacco use, smoking and nicotine addiction.

Aventura Comprehensive Cancer Center
Address: 20950 NE 27th Court, Aventura, FL
Phone: (305)792-5838

LOCAL 211/UNITED WAY I & R SERVICE

Switchboard of Miami is a private, non-profit organization providing Miami-Dade county residents, families and businesses with the most comprehensive telephone crisis counseling, suicide prevention, information and referral services available- 24 hours a day, 7 days a week, 365 days a year. We also provide individual and family counseling services and prevention programs for at-risk youth and their family.

Utilize their Service Finder to search for Services and Agencies in your community that can help
to meet your needs, programs to help with smoking cessation:

http://switchboardmiami.communityos.org/cms/node/1
Call (305) 358-HELP
http://www.switchboardmiami.org

National Resources

American Lung Association
Phone: 1-800-LUNG-USA (800-586-4872)
Website: www.lungusa.org
Description: The American Lung Association offers a variety of smoking control and prevention programs targeted to specific groups, including *Not On Tobacco* (N-O-T), a smoking cessation program specifically for teens, and the online

***Freedom From Smoking* program**
(www.ffsonline.org).
American Cancer Society
Phone: 1-800-227-2345
Website: www.cancer.org
Description: The American Cancer Society provides information and referral for smoking cessation support online and over the telephone.

North American QuitLine Consortium
TelePhone: 1-602-279-2719
Website: www.naquitline.org

Description: The North American QuitLine Consortium is made up of quit lines around the world that work together to increase access to information and resources to help people quit using tobacco products. The website can help you locate the QuitLine serving your area.

Smokefree.gov/National Cancer Institute
Phone: 1-877-44U-QUIT (1-877-448-7848)
Website: www.smokefree.gov
Description: Smokefree.gov and the National Cancer Institute provide information and resources to help people quit smoking. The National Cancer Institute has its own toll-free Quitline which offers an individual consultation and quit planning session. This Quitline is available in English and Spanish from Monday to Friday, 9:30 AM to 4:30 PM. On the website, you can get assistance through:

- An online step-by-step cessation guide and publications regarding smoking cessation
- Local and state telephonic QuitLines
- Access to the National Cancer Institute's instant messaging support

American Heart Association
Phone: 1-800-242-8721 (1-800-AHA-USA1)
Website: www.americanheart.org
Description: Through its national office and its website, The American Heart Association can provide educational material regarding smoking and cardiovascular health and smoking cessation.

The Foundation for a Smokefree America
Website: www.anti-smoking.org
Description: The mission of the Foundation for a Smokefree America is to motivate youth to stay smokefree and empower smokers to quit. The foundation uses web resources, education-based programs, peer teaching programs and proactive physician programs to fulfill that mission.

Other Resources

Florida Partners in Recovery
http://www.flpartnersinrecovery.org/smoking-cessation-treatment.html

Smoking Cessation with Auriculotherapy
http://www.cdc.gov/tobacco/

My Time to Quit
http://www.quitnet.com/

National Cancer Institute on Smoking and Cancer
http://www.cancer.gov/cancertopics/smoking

SWAT
www.gen-swat.com/index.html

Tobacco Free Florida
www.tobaccofreeflorida.com

Quitnet
http://www.quitnet.com/

ex® - Re-learn Life Without Cigarettes
http://www.becomeanex.org

Keystone Wellness Center
Dr. Lauren J. Kolman
Address: 12405 Biscayne Blvd., North Miami, Fl. 33181
Phone: (305) 893-8822
Cost: $250 (three sessions) – Free consultation