

# Tobacco-Free Living Resources

There is no “one size fits all” solution to obtaining and maintaining tobacco-free living. Your desire to become and remain tobacco-free is critical. However, research shows that will power, although very important to tobacco-free living has its limits. There are currently a number of resources that can assist you in preparing for and obtaining tobacco-free living. This section will look at three principal resources.

## **Nicotine Replacement Medications**

The American Cancer Society reports that 70% of smokers say that the fear of nicotine withdrawal is the primary reason they don't stop using tobacco products. Nicotine replacement products help people manage the urge to use tobacco. Specific information on each of these therapies is included in your packet. Some of these products can be purchased over the counter, others require prescriptions.

All nicotine replacement therapies have potential side effects. Consumers should become familiar with these side effects in advance of use. Nicotine replacement therapies (NRTs) only assist with the physical aspects of tobacco (nicotine) dependency. The U.S. Agency for Healthcare Research and Quality Clinical Practices Guidelines on Smoking Cessation recommend nicotine replacement therapies to assist in managing withdrawal from nicotine. The exceptions to this recommendation are pregnant women and individuals with heart and/or circulatory problems. Always consult with your physician when you have questions about the use of any medications. It is safe for people in recovery from other chemical dependencies to consider the use of NRT products with appropriate medical guidance.

## **Prescription Medication**

Bupropion hydrochloride (Zyban) is a medication, in pill form, that reduces the symptoms of nicotine withdrawal by acting on chemicals in the brain related to nicotine craving. Chantix is another medication in pill form prescribed to assist adults in quitting smoking. Additional information on these medications is provided in your packet. Your physician may prescribe other medications based on your medical history.

## **Tobacco Free-Living Resources**

There are many resources available to assist in your effort to obtain and maintain tobacco-free living including, but not limited to, Quitlines, Web Resources, and Tobacco Cessation groups/classes.

▪ **LOCAL SMOKING CESSATION COUNSELING**

Abington Hospital (215) 481-8950

Holy Redeemer Hospital 1-800-818-4747

Mercy Suburban Hospital (610) 270-8390

Montgomery Hospital (610) 270-2201

Pottstown Memorial Medical Center (610) 327-7594

Wellness Connection (215) 249-3619

▪ **QUITNET**

[www.sepa.quitnet.com](http://www.sepa.quitnet.com) A *free* Internet-based service designed to help individuals during the quitting process.

▪ **PENNSYLVANIA FREE QUITLINE**

1-800-Quit Now | 1-800-784-8669 | TTY 1-800-332-8615

A partnership between the Pennsylvania Department of Health, the American Cancer Society, and the National Quit Line. Up to six phone-based counseling sessions.

▪ **DETERMINED TO QUIT**

[www.determinedtoquit.com](http://www.determinedtoquit.com) A *free* quit site where you can share other Pennsylvanians' personal stories about quitting and get the support you need.

▪ **NICOTINE ANONYMOUS**

<http://nicotine-anonymous.org/>

Nicotine Anonymous is a Non-Profit, 12-Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. Check local directories for listing in your area.

▪ **PENNSYLVANIA DEPARTMENT OF HEALTH**

[www.health.state.pa.us](http://www.health.state.pa.us)

▪ **SOUTHEASTERN PENNSYLVANIA TOBACCO CONTROL PROJECT**

1-866-756-5412, [www.sepatobaccofree.org](http://www.sepatobaccofree.org).

Call or e-mail for information on *free* programs and services available to residents in Berks, Bucks, Chester, Delaware, Lancaster, Montgomery and Schuylkill counties.

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DEPARTMENT OF HEALTH