

## Resources for Giving Up Smoking

National Jewish Health offers a variety of resources for patients and family members who are interested in giving up smoking. You may be thinking about giving up smoking, you may have tried several times or you may be somewhere in between. Select the resources that you are interested in and discuss them with your doctor or nurse.

### For Colorado Residents - Colorado QuitLine™

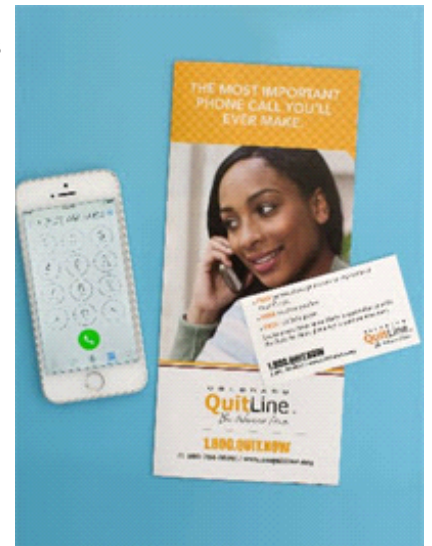
The Colorado QuitLine provides support both online and over the phone. When you call or visit QuitLine online, you get access to special tools and tips for quitting, along with the support of Expert Quit Coaches. You also become part of a community of other people who are trying to become tobacco free. The service is free.

The Colorado QuitLine also provides participants with a self-help guide for quitting, follow-up calls from a Quit Coach and a free supply of nicotine patches, gum or lozenges.

The telephone number is 1.800.QUIT.NOW (1.800,784.8669)

### National Quitline Resource

There is also a national service which provides referral to state QuitLine support. The telephone number is 1.800.QUIT.NOW (1.800,784.8669). The service is free.



### One to One Giving Up Smoking Session

One to one giving up smoking sessions are offered for those who would like individual recommendations for giving up smoking. A trained smoking cessation advanced practice nurse is available. Talk with your doctor or nurse to schedule an appointment.

### Tools for Giving Up Smoking – Trying Again

This is an informative class that follows along with the Giving Up Smoking Med Facts series. It will provide you with helpful, practical tools as you prepare to quit smoking. The class is offered the second Friday every month, 12:00 -1:00 p.m., in the Patient Education Room. The class is free.

If you have any questions please feel free to talk with your health care provide.

### Giving Up Smoking Med Facts Series

Med Facts are information handouts. The Giving Up Smoking Med Facts series provides information about reasons to quit, PLANning to quit, medicines to help you quit, challenges and staying smoke free. The Med

Facts series and more information is available on the National Jewish Health website, njhealth.org.

## Other Resources:

**American Cancer Society.** 1-800-282-4914, [www.cancer.org](http://www.cancer.org).

**American Heart Association.** 1-800-242-8721, [www.americanheart.org](http://www.americanheart.org).

**American Lung Association.** 1-800-LUNG-USA; [www.lungusa.org](http://www.lungusa.org).

**Note: This information is provided to you as an educational service of LUNG LINE® (1-800-222-LUNG). It is not meant to be a substitute for consulting with your own physician.**

Visit our website for more information about support groups, clinical trials and lifestyle information.

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**National Jewish Health** is the leading respiratory hospital in the nation. Founded 123 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit [njhealth.org](http://njhealth.org).