

Congratulations! By reading this guide you're taking an important step toward becoming smoke-free! Quitting smoking is a challenge, but there are many resources available to help you. With the right information, help and support of others, you can be successful! Smoking cessation programs are designed to help you stop smoking. For the most up-to-date list of smoking cessation programs in Lancaster County, approved by the Pennsylvania Department of Health, visit www.cancer.org and go to "Find Local Resources."

Benefits of Quitting

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

20 minutes After Quitting

Your heart rate drops.

12 hours After Quitting

Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your heart attack risk begins to drop.
Your lung function begins to improve.

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

5 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years After Quitting

Your risk of coronary heart disease is back to that of a nonsmoker's.

Reprinted from The 2004 Surgeon General's Report, The Health Consequences of Smoking, CDC, U.S. Department of Health and Human Services

Fees and Financial Assistance

Some providers charge a fee for smoking cessation programs. However, your health insurance company (including Medical Assistance and Medicare) may cover these expenses, including nicotine replacement therapy. If the expense of the program is keeping you from quitting smoking and your insurance company does not cover the cost, you may be eligible for assistance depending on the availability of state and local funding. If this is the case, contact the provider for more details about funding opportunities.



The Tobacco-Free Coalition of Lancaster County is a group united by the common concern over tobacco use in Lancaster County. We work to improve the health of residents of Lancaster County by significantly reducing the use of tobacco products and exposure to secondhand smoke.

Council on Drug & Alcohol Abuse
630 Janet Avenue
Lancaster, PA 17601
717.544.3223

www.tobaccofreelancaster.org



Edward G. Rendell, Governor

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Become Smoke-Free

A Guide to Finding Resources to Quit Smoking in Lancaster County

2006-2007



**Tobacco-Free Coalition
of Lancaster County**

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Group Programs

American Lung Association's **Freedom From Smoking®** is an eight session adult cessation program that offers:

- * Group interaction and support
- * Positive behavior change
- * Development of a quit plan
- * Tools to cope with urges
- * Relapse prevention

The following organizations offer **Freedom From Smoking®** clinics. Please call the individual organizations for schedules and additional details.

Conestoga Valley Community Center
333 West Main Street, Leola, PA 17540
717.656.2822

Ephrata Community Hospital Wellness Center
69 West Church Street, Stevens, PA 17578
717.336.6578

Lancaster General Wellness Center
2100 Harrisburg Pike, Lancaster, PA 17604
717.544.3138

Lancaster Regional Medical Center
250 College Avenue, Lancaster, PA 17603
717.291.8377

Mission New Life (English & Spanish)
31 South Duke Street, Lancaster, PA 17602
717.380.7242

American Lung Association
101 Good Drive, Suite 1, Lancaster, PA 17603
717.397.5203



For up-to-date information on cessation classes, support groups and other smoke-free activities in Lancaster County, please call us at 717.544.3223 or visit our website at www.tobaccofreelancaster.org.

One-on-One Programs

The following providers offer personalized programs to meet your individual needs.

Smokeless

Ephrata Community Hospital
Respiratory Department
169 Martin Avenue, Ephrata PA 17522
717.738.6156

Smoking Cessation Program

Lancaster Regional Medical Center
250 College Avenue, Lancaster, PA 17603
717.291.8377

Telephone Resources

Pennsylvania's Free Quitline 1.800 QUIT NOW

The Free Quitline can be accessed 24 hours a day, 7 days a week. Based on state-of-the-art techniques in smoking cessation, the Quitline provides counseling and structured assistance for individuals who are committed to quitting.

American Lung Association Helpline 1.800.548.8252

Call Monday - Friday 8 a.m. to 8 p.m. (EST)
Speak with a registered nurse, respiratory therapist or smoking addiction counselor and sign up for up a weekly counseling call.

Internet Resources

American Lung Association's **Freedom From Smoking® Online** is a free smoking cessation program that can be accessed at www.lungusa.com.

Other websites of interest:

www.cdc.gov/tobacco
www.quitnet.com
www.surgeongeneral.gov/tobacco
www.smokefree.gov
www.tobaccofree.org
www.teenquit.com
www.tobaccofreekids.org

Youth Programs

American Lung Association's **Not-On-Tobacco (N-O-T)** is a school-based voluntary program designed to help youth:

- * Stop smoking
- * Increase healthy lifestyle behaviors
- * Improve life management skills

For information on teen cessation programs, please call the following organizations.

American Lung Association

101 Good Drive, Suite 1, Lancaster, PA 17603
717.397.5203

Ephrata Community Hospital Wellness Center

69 West Church Street, Stevens, PA 17578
717.336.6578

Mission New Life (English & Spanish)
31 South Duke Street, Lancaster, PA 17602
717.380.7242

Support Groups

Smoke Free Friends Support Group

6:30 p.m. to 8:00 p.m.,
2nd Tuesday of every month
Lancaster General Health Campus
For more info call 717.544.3138

Butt Kickers, Nicotine Anonymous

Ephrata Community Hospital
For more info call 717.336.7722 or e-mail
buttkickersoflanastercounty@yahoo.com

Mission New Life (English & Spanish)
31 South Duke Street, Lancaster, PA 17602
717.380.7242



Para información actualizada en español sobre las clases de cesación, grupos de apoyo y otras actividades en como dejar de fumar en el Condado de Lancaster, favor de llamarnos al 717.544.3223 o visite nuestra red cibernética www.tobaccofreelancaster.org.