

ALTERNATE PROGRAMS

Dr. Gail Friedman

(513) 721-1500

Offers one-on-one hypnosis and seminars.

Dr. Carolyn Kowatsch

(513) 662-8200

One-on-one hypnosis

Cost \$150.00 per session.

Tri-State Hypnosis Center

(513) 943-1444

www.tri-statehypnosis.com Offers two powerful hypnotic sessions that cost \$215.00 per person.

Cheviot Chiropractic

Dr. Robert Stenton (513) 662-2228

Offers individual hypnosis, behavior modification, and counseling for 3 sessions over a 2-week period. Total cost \$195

HELPFUL INTERNET SITES

- www.cancer.org
- <http://ffsonline.org>
- www.quitnet.com
- www.dontsmoke.com
- www.lungusa.org
- www.way2quit.com
- www.smokefree.gov
- www.endsmoking.org
- www.champss.org
- www.cdc.gov/tobacco/quit_smoking
- www.nicotine-anonymous.org
- www.quit4good.com

*All resources in this brochure may be subject to change at anytime.

*Please call to confirm that each of the listings still provide the services you wish to utilize.

*Updated information will also be posted on the Hamilton County Tobacco-Free Partnership website at:

<http://www.tobaccofreehamiltoncounty.org/>

*For more copies of this brochure, please contact American Cancer Society Southwest Region Office 1-888-227-6446

Revised 10/09

DID YOU KNOW?

- Smoking is the most preventable cause of death in our society
- Smoking accounts for an estimated 30% of all cancer deaths
- Smoking accounts for an estimated 87% of lung cancer deaths
- Cigarette smoking causes cardiovascular disease
- Cigarette smoking causes cancer (acute myeloid leukemia, cervix, esophagus, kidney, renal pelvis, larynx, lung, bronchus, oral cavity, pharynx, pancreas, stomach, urinary bladder)
- Cigarette smoking causes respiratory disease like chronic bronchitis, chronic obstructive pulmonary disease (COPD), and emphysema
- Cigarette smoking causes reduced fertility
- Smoking during pregnancy is associated with premature births, low birth weight, and Sudden Infant Death Syndrome (SIDS)
- Environmental tobacco smoke contributes to an estimated 3,400 deaths among nonsmoking adults each year in US
- Environmental tobacco smoke contributes to 25%-30% increased risk of heart disease and 20%-30% increased risk of lung cancer among nonsmokers exposed at home or work

GREATER CINCINNATI SMOKING CESSATION RESOURCES PRESENTED

BY:

HAMILTON COUNTY

TOBACCO-FREE

PARTNERSHIP

COUNSELING & SUPPORT PROGRAMS

American Cancer Society –SW Ohio Office

(888) 227-6446 or (800) 227-2345

Provides information, brochures, guidance and referrals for the free “Freshstart” program.

- Does not offer medication
- Freshstart is intended for worksites/organizations

American Lung Association

(513) 985-3990 or (800) 586-4872

Offers free program “Freedom from Smoking”.

- Does not offer medication

National Cancer Institute

(800) 422-6237 option 3 or (877) 448-7848

Offers free counseling & information.

National Tobacco Quit Line

1-866-784-8937

A toll-free telephone counseling service in English/Spanish that connects people who want to quit using tobacco with trained counselors who can guide and support them through the quitting process. Available 7 am to 7 pm CST, Monday through Friday.

Ohio/Kentucky Tobacco Quit Line

1-800-QUIT-NOW (784-8669)

Additionally, the deaf and hard of hearing community can call 1-888-229-2182 for TTY. A toll-free telephone counseling service that connects people who want to quit using tobacco with trained counselors who can guide and support them through the quitting process.

- Free cessation patches (medication) for 2 weeks

Nicotine Anonymous

(513) 230-5475

Meets every Saturday at 12:30pm in classroom 7 of Christ Hospital near the cafeteria.

Hamilton County Public Health

(513) 946-7810

Offers information and referrals in Hamilton County.

Northern Kentucky Health Department

(859) 578-7660

Offers a free Cooper/Clayton-13 week Program, information, and referrals in Northern Kentucky.

- Prices vary for nicotine replacement

Kentucky Cancer Program

(859) 442-3525 or toll free at (866) 495-9888

If interested in the Cooper/Clayton class, call #363-2093.

The Fort Hamilton Hospital Center for Health & Wellness

(513) 856-9355

Offers “Freedom from Smoking” 7-week Lunch program for \$75/participant.

Christ Hospital

Program Registration (513) 585-2424

Cherri Miller, Coordinator (513) 585-0500

Offers the American Cancer Society “Freshstart” and the Cooper/Clayton method programs for free. Waiting list is utilized; classes are offered once enough interest is generated.

Offers free Nicotine Anonymous meetings (contact Don Lynch 533-0606) on Saturdays 12:30-1:30pm.

- No medications offered

VA “Stop Smoking” Program

Pam Johnson (513) 861-3100, ext. 4827

Offers smoking cessation to eligible veterans.

Programs include inpatient and outpatient services, classes, referrals, treatment and nicotine replacement therapy and medications.

Children's Hospital Medical Center

(513) 636-4248

Tonie Perez & Shannon Alten, Coordinators

Email: smokingcessation@cchmc.org

Offers a free “Smoke Free Families Program” based on the American Cancer Society’s “Freshstart” program.

- No medication

Trihealth Lifestyles Program

Acupuncture (513) 985-6736

75% success rate

2 sessions for \$200 for general public

A smoking cessation program is available specifically for the following employers: Bethesda North, Bethesda Medical Center at Arrow Springs, Good Samaritan, Bethesda Oak Campus, Corporate Health-TriHealth Fitness & Health Pavilion, SeniorLink, Hospice of Cincinnati, and Group Health Associates. They can call (513)-977-0088 for smoking cessation programs.

Clermont Recovery Center

Jenny Weaver (513) 735-8100

Offers 2 programs to help teenagers quit smoking:

- ♦ “TAP – Tobacco Awareness Program” is a 4-week program with one-hour sessions. It is FREE for students who are looking to quit smoking.
- ♦ “TEG – Tobacco Education Group” is an alternative to suspension from school.

Jeneene Brengelman

(513) 661-2828 information/registration

Offers SmokeFree Star program and newsletter, as well as private counseling sessions.

Jane Toerner-Brown, RN

(513) 874-4683

Personal Smoking Cessation Consultation

Kroger Pharmacy

4777 Kenard Ave., Cincinnati, OH 45232

(513) 681-7455 Tracy Frame

She offers 7 counseling sessions over 12-weeks.

Cost is \$250 plus medication.

Kroger Pharmacy

3760 Paxton Ave., Cincinnati, OH 45209

Stacey McNeal (513) 871-0725 or Tracy Frame

(513) 681-7455

1-877-MY KROGER

7 counseling sessions over a 12-week period. Cost is \$250 plus medication. Some insurance coverage may apply.

Family Health

513-624-6550

Individual sessions based on the QuitSmart program. 3-4 sessions of one-on-one treatment, by appointment. Cost is \$299

University Hospital

(513) 584-QUIT (7848)

Contact Jan Permer of UC Barrett Center

“Win by Quitting” program.

- No free medications