



# macedon family dentistry

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## Resources To Help YOU Quit Smoking

NYS Smoker's Quitline

<http://www.nysmokefree.com/>

1-866-697-8487

American Cancer Society

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

1-800-227-2345

American Heart Association

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

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

1-585-426-4050

American Lung Association

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

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

1-585-442-4260

Wayne County Public Health Department

<http://www.co.wayne.ny.us/Departments/publiclth/tobacco.html>

1-315-946-5749

Smoking and Health Action Coalition of Monroe County

<http://www.smokefreemonroe.com/>

1-585-442-4260

Here are some of the many resources available to help you quit smoking. All of these websites are very easy to use and they do provide access to products to aid in cessation. Also by contacting your physician, he/she can provide prescription medications used in cessation, if some over-the-counter products don't seem to help. Remember, a smoker will quit many times before actually becoming smoke free, so don't give up hope. If you're truly dedicated to quitting, you will be successful in your quest, and we hope that some of these resources will have helped.