

SMOKING CESSATION Resource Guide



for Harris County

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Disclaimer: Inclusion in this document is not intended as an endorsement of any individual, provider, service or website.

Additional copies are available at:
<http://www.texasancer.info/cancercontrol/tobacco.html>.

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Background and Recommendations for Tobacco Use

Tobacco Facts

- More people died from tobacco use in the 20th century than in World War II.¹
- If current trends continue, one billion people will die from tobacco use in the 21st century.²
- Smoking causes cancers of the lung, esophagus, larynx, mouth, throat, kidney, bladder, pancreas, stomach, and cervix, as well as acute myeloid leukemia.³
- People who smoke are approximately six times more likely to suffer a heart attack than nonsmokers, and the risk increases with the number of cigarettes smoked.⁴
- Smoking causes erectile dysfunction and reduced sexual functioning.⁵
- Smoking can cause female infertility and early onset of menopause.⁶
- Living with a smoker increases a nonsmoker's chances of developing lung cancer by 20 to 30 percent.⁷
- Smoking while pregnant can cause fetal growth retardation, low birth weight and fetal death.⁸

Tobacco Myths

- Cigars are safer than cigarettes.
FALSE - Cigars contain the same toxic cancer causing chemicals found in cigarettes.⁹
- Smoking one cigar is not as bad as smoking a pack of cigarettes.
FALSE - A large cigar contains as much tobacco as an entire pack of cigarettes.¹⁰
- Smoking makes you look physically attractive.
FALSE - Smoking causes thinning hair, gum disease, yellowing teeth and wrinkles.¹¹
- E-cigarettes are effective for smoking cessation.
FALSE - The FDA has not evaluated any e-cigarettes for safety or effectiveness. When the FDA conducted limited laboratory studies of certain samples, they found significant quality issues that indicate that quality control processes used to manufacture these products are substandard or non-existent.¹²

How much does a habit of smoking a pack of cigarettes per day cost in dollars?

- The average cost in Texas with all the taxes included is \$6.00.¹³
- Let's assume that a person is buying one pack of cigarettes per day. \$6.00 per day gives a monthly average of \$180.00 spent on cigarettes. Without earning any interest, if a person were to save their money they would have the following:
 - **\$2,160** in one year
 - **\$10,800** in five years
 - **\$21,600** in ten years
 - **\$43,200** in twenty years

How much does a habit of smoking a pack and a half per day cost in dollars?

A person who smokes a pack and a half of cigarettes will need a total of 11 packs of cigarettes to get through a week. If a person smokes a pack and a half of cigarettes each day and the average price per pack is \$6.00, a monthly average of \$264 is spent on cigarettes. Without earning any interest, if a person were to save their money they would have the following:

- **\$3,168** in one year
- **\$15,840** in five years
- **\$31,680** in ten years
- **\$63,360** in twenty years

How much does tobacco use cost businesses?

- Healthcare costs are 40% higher for smokers than nonsmokers in the same age group.¹⁴
- U.S. employers pay more than \$40 billion a year to due to premature death and disability as a direct result of smoking.¹⁵
- Smokers miss on average 6.16 days of work per year due to sickness (including smoking related acute and chronic conditions), compared to nonsmokers, who miss 3.86 days of work per year.¹⁶
- Smoking and secondhand smoke combined cost U.S. businesses an estimated \$92 billion dollars annually: An estimated **\$3,391** dollars per smoker is lost in productivity annually.¹⁷

The immediate health benefits of quitting smoking:



- In twenty minutes, your heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.¹⁸



- Within a few hours, the level of carbon monoxide in the blood begins to decline and your body's oxygen increases to a normal level.¹⁹



- In two days, you will have an improved sense of smell, and taste.²⁰



- Within a few weeks, you will have improved circulation, produce less phlegm, and won't cough or wheeze as often.²¹



- Within several months of quitting, you can expect substantial improvements in lung function.²²

The long term benefits of quitting smoking:



Quitting at age 30: Studies have shown that smokers who quit at about age 30 reduce their chance of dying prematurely from smoking-related diseases by more than 90 percent.²³

Quitting at age 50: People who quit at about age 50 reduce their risk of dying prematurely by 50 percent compared with those who continue to smoke.²⁴

Quitting at age 60: Even people who quit at about age 60 or older live longer than those who continue to smoke.²⁵

FIVE KEYS TO QUITTING SMOKING

Studies have shown that by combining these five steps you have a good chance of quitting for good.²⁶

1 GET READY

- Set a Quit Date - consider a time that will not be very stressful and plan a full day of active, relaxing activities to keep your mind off smoking.
- Change your environment by removing tobacco products from your surroundings. Make your home smoke-free and avoid smoking in places where you spend a lot of time.
- Anticipate triggers or challenges in your upcoming quit attempt. Develop a plan to successfully overcome triggers (e.g., alter routine, avoid triggers).

2 GET SUPPORT AND ENCOURAGEMENT

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

- Tell your family, friends and co-workers that you are going to quit and want their support. Ask them not to smoke around you or to leave cigarettes out where you can see them.
- Talk to your health care provider (e.g., doctor, dentist, nurse, pharmacist, psychologist or smoking cessation coach or counselor).
- Get individual, group or telephone counseling (e.g., Quitline). Counseling doubles your chances of success.

3 LEARN NEW SKILLS AND BEHAVIORS

Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task. Remind yourself of the benefits of quitting (living longer, feeling better, being more attractive).

- Change your routine. Use a different route to work.
- Find ways to reduce your stress such as: taking a hot bath, exercising, reading a book, spending time with family or enjoying your favorite sport.
- Drink a lot of water and other fluids.

4 GET MEDICATION AND USE IT CORRECTLY

- Medications can help you stop smoking and lessen the urge to smoke. **Some examples are nicotine patches, nicotine gum, nicotine lozenges, Zyban™ and Chantix™.**
- Ask your health care provider for advice and carefully read the information on the package. **Some medications may not work with other medications and some may be associated with important side effects.**
- The use of medications approved by the Food and Drug Administration will at least double your chances of quitting and quitting for good.

5 BE PREPARED FOR RELAPSE AND DIFFICULT SITUATIONS

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again.

Remember, most people try several times before they finally quit. The following are some difficult situations you may encounter:

- Avoid drinking alcohol. Drinking lowers your chances of success.
- Being around smoking can make you want to smoke.
- Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking.
- There are a lot of ways to improve your mood besides smoking. Some smoking cessation medications also lessen depression. Try deep breathing, journaling for at least 15 minutes, relaxation activities, and/or anything that makes you feel positive and less stressed.
- If you do smoke a cigarette, DO NOT get discouraged, beat yourself up or think to yourself “I guess I’m not strong enough” or “I will never quit.” Just get back on track. Smoking a cigarette is a LAPSE, not a RELAPSE. If you notice you have given in to smoking, put the cigarette down as soon as you can and reach out to your friends, family and health care provider for support.

SMOKING CESSATION PROGRAMS - PUBLIC

Harris Health System

Harris Health System's Smoking Cessation program is available to **Harris Health System's patients only**. The smoking cessation programs offered by Harris Health System include the following: Classes in English and Spanish; NRT (Nicotine Replacement Therapy); Pharmacotherapy (Chantix™); Individual and group counseling.

If you are a new patient to the Harris Health System and do not have insurance, you will have to first establish eligibility for medical assistance at one of the eligibility centers.

Application Form: <https://www.harrishealth.org/en/patients/access-care/eligibility-card/pages/eligibility-application.aspx>

You will need to complete the application form and provide copies of the following items:

1. Identification (ID) (self and spouse)
2. Proof of address

OR

One of the items below showing proof of address that includes your name or your spouse's name dated within the last year:

- Proof of income for the past 30 days for each household member 18 or older
- Dependent proof of household members
- Immigration status for each household member
- Healthcare coverage for each household member - Please bring current proof of Medicaid, CHIP, CHIP Perinatal, Medicare or other health insurance coverage.
- If you are a Medicare patient, you must provide a Medicare Asset Form and proof of your current resources and liabilities (all pages of bank statements, credit card bills, loans, etc.).

For more information please visit the following website:

<https://www.harrishealth.org/en/patients/access-care/eligibility-card/pages/eligibility-requirements.aspx>

Harris Health System Eligibility Center Locations

Center	Address	Phone No.	Hours
Acres Home	818 Ringold St., Houston, TX 77088	713-566-6509	7:30 a.m. – 4:30 p.m.
Lois J. Moore	8901-B Boone Rd., Houston, TX 77099	713-566-6509	8:00 a.m. – 4:30 p.m.
East Mount Houston	11737B Eastex Freeway, Houston, TX 77039	713-566-6509	8:00 a.m. – 4:30 p.m.
Southeast	3550-A Swingle Rd., Houston, TX 77047	713-566-6509	8:00 a.m. – 4:30 p.m.
Strawberry	925 Shaw Rd., Pasadena, TX 77506	713-566-6509	7:30 a.m. – 4:30 p.m.

Harris Health System Hospital Locations

Ben Taub General Hospital
713-873-2000

Lyndon B. Johnson General Hospital
713-566-5100

Quentin Mease Community Hospital
713-873-3700

SMOKING CESSATION PROGRAMS - PUBLIC

Harris Health System Primary Clinic Center Locations

Almatha Clark Taylor Health Clinic

Monday - Friday, 7:30 a.m. - 4:00 p.m.
713-330-8904

Acres Home Health Center

Monday - Friday, 8:00 a.m. - 5:00 p.m.
Fourth Tuesday of every month, open 8:00 a.m. - noon.
281-448-6391

Aldine Health Center

Monday - Friday, 8:00 a.m.-5:00 p.m.,
Saturday, 7:00 a.m. - 3:00 p.m.
Fourth Friday of every month, open 1:00 p.m. - 5:00 p.m.
281-985-7600

Baytown Health Center

Monday - Friday, 7:00 a.m. - 4:00 p.m.
Second Friday of every month, open 7:00 a.m. - noon
281-837-2700

Casa de Amigos Health Center

Monday - Friday, 7:00 a.m. - 4:00 p.m.
Third Wednesday of every month, open noon - 4:00 p.m.
713-222-2272

Deepwater Health Clinic

Monday - Friday, 7:30 a.m. - 4:00 p.m.
832-668-8380

E. A. "Squatty" Lyons Health Center

Monday - Friday, 8:00 a.m. - 5:00 p.m.
Third Tuesday of every month, open 8:00 a.m. - noon.
281-446-4139

El Franco Lee Health Center

Monday - Friday, 8:00 a.m. - 5:00 p.m.
Fourth Wednesday of every month, open 1:00 p.m. - 5:00 p.m.
281-454-0500

Goose Creek Health Clinic

Monday - Friday, 7:00 a.m. - 3:30 p.m.
281-420-1351

Gulfgate Health Center

Monday - Friday, 8:00 a.m. - 5:00 p.m.
Saturday, 7:00 a.m. - 3:00 p.m.
First Tuesday of every month, open 1:00 p.m. - 5:00 p.m.
713-495-3700

Martin Luther King Jr. Health Center

Monday - Friday, 7:00 a.m. - 4:00 p.m.
Fourth Thursday of every month, open 7:00 a.m. - noon.
713-547-1000

Northwest Health Center

Monday - Thursday, 8:00 a.m. - 8:00 p.m.
Friday, 8:00 a.m. - 5:00 p.m.
First Tuesday of every month, open 1:00 p.m. - 8:00 p.m.
713-861-3939

Pediatric & Adolescent Health Center – Bear Creek

Monday - Friday, 8:00 a.m. - 4:30 p.m.
Second Thursday of every month, open 12:30 p.m. - 4:30 p.m.
713-873-6860

Pediatric & Adolescent Health Center – Cypress

Monday - Friday, 8:00 a.m. - 4:30 p.m.
Second Thursday of every month, open 12:30 - 4:30 p.m.
713-873-5240

Pediatric and Adolescent Health Center

Monday - Friday, 8:00 a.m. - 4:30 p.m.
Second Thursday of every month, open 12:30 p.m. - 4:30 p.m.
713-873-6300

Patrick Henry Health Clinic

Monday - Friday, 7:30 a.m. - 4:00 p.m.
713-873-5296

People's Health Center

Monday - Friday, 8:00 a.m. - 5:00 p.m.
Saturday, 7:00 a.m. - 3:00 p.m.
Second Thursday of every month, open 1:00 p.m. - 5:00 p.m.
713-272-2600

Robert Carrasco Health Clinic

Monday - Friday, 7:00 a.m. - 3:30 p.m.
713-226-2632

Settegast Health Center

Monday - Friday, 8:00 a.m.-5:00 p.m.
Fourth Wednesday of every month, open 8:00 a.m. - 12:00 p.m.
713-633-2020

Sheldon Health Clinic

Monday - Friday, 7:00 a.m. - 3:30 p.m.
281-456-5201

Southside Health Clinic

Monday - Friday, 7:30 a.m. - 4:00 p.m.
713-671-2461
Behavioral Health Clinic 713-676-1475

Strawberry Health Center

Monday - Friday, 8:00 a.m. - 5:00 p.m.
Third Wednesday of every month, open 8:00 a.m. - 12:00 p.m.
713-982-5900

****Thomas Street Health Center**

Monday - Friday, 8:00 a.m. - 5:00 p.m.
Third Wednesday of every month, open 8:00 a.m. - noon.
713-873-4000

** Thomas Street Health Center provides services to the HIV/
AIDS population.

SMOKING CESSATION PROGRAMS - PUBLIC

Houston Community College

713-718-6623

Program Name: United Health Alliances

Free to UHA members, cost to non-members.

English, Spanish, French available.

Program includes:

- NRT (Nicotine Replacement Therapy)
- Individual in-person counseling
- Individual telephone counseling
- Group counseling
- Web-based support group:
www.optumhealthallies.com

Houston Methodist Hospital

713-441-5863

Program Name: Wellness Program

Call for appointment. Internal employees are referred.

Free to employees, \$60.00 per session for public.

English only.

Program includes:

- Individual in-person counseling

Peking Acupuncture Clinic

713-661-0346

By appointment only.

Cost: \$200.00

English and Chinese available.

Program includes:

- NRT (Nicotine Replacement Therapy)
- Individual in-person counseling
- Individual telephone counseling
- Group counseling
- Web-based support group:
www.houstonquitsmoking.com

St. Luke's Episcopal Hospital

713-441-5863

Program Name: Cessation program

Call for appointment., \$110.00 per session for public.

English only.

Program includes:

- Individual in-person counseling

TELEPHONE SUPPORT CESSATION PROGRAMS

American Lung Association Call Center

1-800-548-8252

North American Quitline

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

The Smoking Quitline of the National Cancer Institute

1-800-44U-QUIT (1-877-448-7848)

Yes You Can –Quitline/Si Puede – Para Dejar de Fumar

1-877-YES-QUIT (1-877-937-7848)

WEBSITE SUPPORT CESSATION PROGRAMS

American Cancer Society

713-266-2877

www.cancer.org

American Heart Association

713-610-5000

www.heart.org

American Lung Association

713-692-5864

www.lung.org

Nicotine Anonymous

713-827-5958

www.nicotine-anonymous.org

Texas Department of Health

800-345-8647

www.dshs.state.tx.us

SMOKING CESSATION PROGRAMS - EMPLOYER BASED

HEB

281-364-5200

Program Name: Quit for Life

Available to staff only.

Free.

English, Spanish available. Program includes:

- Individual in-person counseling
- Individual telephone counseling

Lone Star College

832-813-6592

Program Name: Health Select, Scott & White Health Plan (VitaCare Breathe), and Community First Health Plan

Available to staff only through ERS.

Free.

English, Spanish available. Program includes:

- Pharmacotherapy other than NRT: Zyban™, Bupropion™, Chantix™
- Individual in-person counseling
- Individual telephone counseling
- Group counseling
- Web-based support group: www.ers.state.tx.us/Programs/Tobacco_Users/

Michael E. DeBakey VA Medical Center

713-791-1414

Program Name: Vets Kick Butts

Available to veterans or CHAMPVA enrolled in MEDVAMC. Free.

English only. Program includes:

- Pharmacotherapy other than NRT: Bupropion™, Chantix™
- Group counseling
- Web-based support group: www.ucanquit2.org

Rice University

713-348-0000

Program Name: Smoking Cessation

Available to staff only. Free.

English, Spanish available. Program includes:

- Individual in-person counseling
- Individual telephone counseling
- Group counseling

The University of Texas MD Anderson Cancer Center

713-792-7848

Program Name: Tobacco Treatment Program

Available to MD Anderson patients, employees, employee dependents (household member) and employee partner/spouse.

Free.

English only. Program includes:

- In-person and over the phone behavioral counseling
- Tobacco cessation medical treatments

Woman's Hospital of Texas

713-790-1234

Program Name: H2U

Available to staff only

Free.

English, Spanish available. Program includes:

- Individual in-person counseling
- Individual telephone counseling

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City of Houston
Good Neighbor Health Center
Harris Health System
Lone Star College - Kingwood
Michael E. DeBakey VA Medical Center
University of Houston
The University of Texas MD Anderson Cancer Center

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