

Treating Tobacco Use and Dependence

Resources for Physicians

Tobacco use is the single most preventable cause of disease, disability, and death in the United States and a risk factor for 6 of the world's 8 leading causes of death. Each year, smoking kills 480,000 Americans – causing about one out of every five deaths in the U.S. If more progress is not made, 5.6 million children under age 18 alive today will die prematurely from smoking-caused disease. Over 42 million adults (18%) of the US population still smoke and 70% of tobacco users want to quit. Users say expert advice is important to their decision to quit. The expert can be a physician, clinician, or other health care worker in your practice. Physician assisted (counseling and medication) quit rates at one year are 10 – 40% and these rates increase with more contact time with the patient.

Agency for Healthcare Research and Quality

Provides up-to-date information about treating tobacco use and dependence.

<http://www.ahrq.gov/health-care-information/topics/topic-tobacco-use.html>

American Academy of Pediatrics (AAP) Julius B. Richmond Center of Excellence

Provides current information on coding and payment, training and CME courses, practice guidelines, and resources for counseling parents about smoking cessation and prevention of children's exposure to tobacco smoke.

Center for a Tobacco-Free Finger Lakes (CTFFL) CTFFL, which is based at the University of Rochester Medical Center, provides free "Tobacco Dependence Treatment: Train-the-Trainer" presentations for staff who work at medical health systems and mental health systems in Chemung, Livingston, Monroe, Seneca, Ontario, Schuyler, Steuben, Wayne, and Yates counties. CTFFL also provides evidence-based resources, programs, and consultations to assist providers in the design and implementation of office-based systems that identify and effectively treat tobacco dependence. Call: (585) 275-0598.

Cigarette Smoking, New York State Adults, 2014 provides smoking rates among NYS adults, as well as a comparison of smoking rates between 2011 and 2014 by demographic indicators:

http://www.health.ny.gov/statistics/brfss/reports/docs/brfssbrief_smoking_1603.pdf

Easy-to-Access NY State Provider Information for Treating Tobacco Addiction:

<http://talktoyourpatients.ny.gov/>

Electronic Cigarettes (E-Cigarettes)

- [AAP E-Cigarette Fact Sheet](#)
- [U.S. FDA – e-Cigarettes](#) (Provides up-to-date information about the safety and regulation of e-Cigarettes.)

Healthy Living Center

Provides evidence based intensive intervention with counseling and medication support in person to individuals, over 4 to 8 visits, living in Monroe County and the surrounding areas (585) 530-2050 FAX (585) 530-2398.

Monroe County 2015 Adult Community Tobacco Survey Final Report

http://www.smokefreemonroe.com/file/sites%7C*%7C366%7C*%7CMonroe-County-2015-Adult-Community-Tobacco-Survey-Final-Report-2-23-15.pdf

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National Cancer Institute

- Online pamphlet: Clearing the Air: Quit Smoking Today - Describes tools that can help smokers stop smoking and the problems to expect when they quit.
<http://smokefree.gov/sites/default/files/pdf/clearing-the-air-accessible.pdf>
- Online pamphlet: Clear Horizons – Self-help manual for smokers age 50 and older.
<http://smokefree.gov/sites/default/files/pdf/clear-horizons-accessible.pdf>

New York State Smokers' Quitline and Quitsite: A free resource for tobacco users, which tobacco users can access themselves or to which clinicians can refer tobacco-using patients for assistance. Free, confidential coaching and cessation-related services are offered to patients who use tobacco products.

NYS Quitline/Quitsite Services

- Cessation Coaching
- Text and Messaging Services
- Triage to Health Plan Programs

NYS Quitline/Quitsite Resources

Refer-To-Quit Program: <http://nysmokefree.com/HCP/HCPSubpage.aspx?P=70&P1=7030>

- Opt-To-Quit Program: <http://nysmokefree.com/HCP/HCPSubpage.aspx?P=70&P1=7030>
- Fax Referral Program: <http://nysmokefree.com/Fax/Refer-to-QuitReferralForm2-11.pdf>
- Online Referral Form: <https://www.nysmokefree.com/register/Intro.aspx>
- Order materials for physicians to use with patients:
<http://nysmokefree.com/SpecialPages/Orderpage.aspx?p=0&p1=50>

Preventive Task Force Guidelines:

<http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions1>

Smoking Health Action Community (SHAC) in Monroe County

Provides ongoing initiatives to: 1) Promote tobacco cessation, 2) Decrease social acceptability of tobacco use, 3) Prevent initiation of tobacco use among youth and young adults and 4) Eliminate exposure to secondhand smoke.

Website: www.smokefreemonroe.com/

Telephone: (585) 666-1399

Fax: (585) 442-4263

Smokefree.gov

Provides online resources to help patients quit smoking. Smartphone apps are user friendly and easy to download.

- Download free QuitStart smartphone apps (created with teens in mind, but can be used by adults):
<http://smokefree.gov/apps-quitstart>
- SmokefreeTXT (free interactive text messaging to help adults and young adults quit smoking)
<http://www.treattobacco.net/en/index.php>
<http://www.cdc.gov/tobacco/>