



## CONSULTANTS IN MEDICAL ONCOLOGY AND HEMATOLOGY, PC

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### Smoking Cessation

Quitting smoking is one of the best things you can do for yourself and your loved ones. Tobacco addiction is both mental and physical. To kick the habit for good, you need motivation, dependable support, and sound strategies. There is a wide range of counseling services, online information, and self-help materials, as well as, medicines available to help you quit smoking.

#### **Local Programs:**

##### **“Smoking Cessation and Tobacco - Clear the Air”**

###### Locations:

Delaware County Memorial Hospital 610-447-6009

Taylor Hospital 610-447-6009

###### Description

Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. A FREE six-week smoking cessation behavior modification group program open to the community. Please call for dates and time and to register.

##### **“Smoking Cessation and Tobacco - Freedom from Smoking”**

###### Location:

Mercy Fitzgerald Hospital 610-270-8390

###### Description

Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Freedom from Smoking is a six-week, seven session program from the American Lung Association. Program Includes: Education, behavior modification, role of cessation, medications, nutrition counseling and planned “quit night.” Emphasis on motivation and support to help create healthy lifestyle choices. Cost: \$35, but fully refundable if you attend all seven classes. Check payable to MSH-Smoking Cessation Program. Registration is required. Please call for dates and time and to register.

##### **“Smoking Cessation and Tobacco - SMOKE FREE”**

###### Location:

Riddle Memorial Hospital 610-891-3635

###### Description

Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. SMOKE FREE, MLH Tobacco Dependency program, is a 6 session behavior modification program aimed at helping you quit smoking for good. Funded by the Pennsylvania Department of Health in collaboration with Health Promotion Council and Riddle Memorial Hospital. Pre-registration is preferred. Please call for dates and time and to register.



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### **National Organizations:**

American Cancer Society: 1-800-ACS-2345 [www.cancer.org](http://www.cancer.org)

American Lung Association: 1-800-LUNG-USA [www.lungusa.org](http://www.lungusa.org)

Centers for Disease Control & Prevention: 1-800-CDC-INFO  
[www.cdc.gov/tobacco/quit\\_smoking/index.html](http://www.cdc.gov/tobacco/quit_smoking/index.html)

National Cancer Institute: 1-800-4-CANCER [www.cancer.gov](http://www.cancer.gov)

Smokefree.gov: 1-800-QUIT-NOW [www.smokefree.gov](http://www.smokefree.gov)