

# Resources to Quit Smoking

Kids Thrive 585, Inc.

## Community Programs to quit smoking:

### **American Lung Association "Freedom From Smoking"**

Pulmonary Medicine Office Unity Hospital, Suite 408  
1561 Long Pond Road  
Rochester, NY 14626  
(585) 368-4533

### **Emotional Freedom Quitting Technique-EFT**

Life Script Counseling Service  
202 Dickinson Road  
Webster, NY 14580  
(585) 704-0376

### **Mary Sanderson**

Living Smoke Free  
16 North Goodman St  
Suite 227  
Rochester, NY 14607  
(585) 820-2379

### **URMC Center for Community Health Healthy Living Program to Stop Smoking**

46 Prince Street, Suite 1001  
Rochester, NY 14607  
(585) 530-2050

### **It's Never Too Late to Stop!**

*When you stop, your body begins to repair itself immediately:*

*Within 20 minutes*

Your heart rate calms down

*Within 8 hours*

There is more oxygen in your blood. Mucous begins to clear out of your lungs. This makes breathing easier.

*Within 48 hours*

Things smell and taste better.

*Within 3 months*

Your blood circulation improves. Your body is better able to fight infections.

*Within 9 months*

You have less sinus congestion, wheezing, and shortness of breath.

*After 1 year*

Your risk of dying of a heart attack is

### **New York State Smokers' Quitline: 1-866-NY-QUITS (1-866-697-8487)**

The Quitline offers a free and confidential service that provides effective stop smoking assistance.

Telephone coaching is provided in English and Spanish.

Telephone coaching in other languages is also available.

You may be able to get a kit of FREE nicotine replacement medications.

[www.nysmokefree.com](http://www.nysmokefree.com)

The website offers an online community for quitting smoking

There are videos and tips for quitting smoking

If you're a Medicaid member, you can see what stop-smoking medications your insurance covers.



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[www.nysmokefree.com](http://www.nysmokefree.com)

Deaf, Hard of Hearing, and Speech Disabled: Call the NY Relay Service at 7-1-1 (Voice or TTY)

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