

about it right through to avoiding relapse.

**Availability for loan:**

DB 420 C26 2000 Health Information and Wellness Centre, both locations

*Smoking: Getting Ready to Quit* (DVD) Timonium, MD: Milner-Ferwick, 2007. 15:55 min.

This DVD helps smokers create a personal plan for quitting. It examines why people smoke, how they can identify their personal triggers, and looks at various therapies such as the nicotine patch. Potential relapse situations are also covered.

**Availability for loan:**

DB 420 M45 2007 Health Information and Wellness Centre, both locations

## COMMUNITY RESOURCES

Canadian Cancer Society Smoker's Helpline  
1-877-513-5333

Lung Health Information Line  
1-888-344-5864

Quit for Life – St. Joseph's Health Centre  
416-530-6860

The Quit Clinic, 4646 Dufferin Street Unit 5  
416-222-6160

Peel Health Quit Smoking Program  
905-799-7700

Toronto Health Connection  
416-338-7600

## CONTACT

### Health Information & Wellness Centres

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905-848-7511

**Trillium Health Centre - West Toronto**  
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Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**  
905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**  
416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION  
AND WELLNESS CENTRE

HEALTHFINDER

# Quitting Smoking



## INTERNET SITES

### **Canadian Cancer Society Tobacco Section**

<http://tinyurl.com/m8gjo>

Tobacco control is one of the Canadian Cancer Society's top priorities, and it provides extensive resources to help you quit the habit. Included in this section of the website are descriptions of the bad effects of tobacco products on health, along with advice and suggestions on how to stop smoking for good.

### **Health Canada**

<http://tinyurl.com/dem75o>

Health Canada provides information on the health effects of smoking and help on quitting at this section of its web site. Also available are policy documents and statistics, and a guide to planning and implementing non-smoking by-laws.

### **Health Canada Quit4Life for Teens**

[http://www.quit4life.com/index\\_e.asp](http://www.quit4life.com/index_e.asp)

This is a 4 week personalized and interactive stop smoking web program, aimed at teenagers. There are up to 5 activities each week which help with the quitting process. Users can create a personalized profile, store and save completed activities, build a quitting calendar, track smoking on-line, sign up for e-mail reminders and messages, and learn how to deal with stress and boredom.

### **Toronto Public Health**

<http://www.toronto.ca/health/smokefree/index.htm>

This site provides numerous links to excellent local resources and programs which can help in quitting smoking. There is also a special section for youth and information on the law on smoking

in Toronto and Ontario.

### **The Canadian Lung Association**

<http://www.lung.ca/smoking>

The Lung Association web site offers good help and advice for smokers wanting to break the habit. Links are provided to provincial lung associations which offer local programs. Also available are resources for teachers to help educate a generation of non-smokers, and a collection of links suitable for children and teenagers.

### **Canadian Council for Tobacco Control**

<http://www.cctc.ca>

The CCTC aims to play an important role in reducing the bad effects on the health of Canadians caused by tobacco industry products. Its website is primarily aimed at key persons and agencies involved in tobacco control, but there is a useful section for those trying to quit the habit which lists resources and programs. Click on 'Cessation' at the top of the left hand column to access this material.

### **Physicians for a Smoke-Free Canada**

<http://www.smoke-free.ca>

This is an organization of Canadian physicians, created in 1985, who share one goal: the reduction of tobacco-caused illness through reduced smoking and reduced exposure to second-hand smoke. The site is focused primarily on providing information on these topics, and making available relevant research documents.

**QuitNet** <http://www.quitnet.com>

This is a lively site which operates in conjunction with the Boston University School

of Public Health. Its major focus is on encouraging quitters to get together and encourage each other in their efforts to kick the habit. There are various online forums which enable participants to tell their stories and provide mutual support.

## BOOKS & DVD'S

*Allen Carr's Easy Way to Stop Smoking* by Allen Carr. Prospero Books, 1999

Allen Carr, a former heavy smoker, has built up a global reputation as a result of his unique method to overcome the addiction. This book describes the necessary steps to remove the psychological dependence on nicotine and remain smoke-free.

#### **Availability for loan:**

DB 420 C27 1999 Health Information & Wellness Centre, both locations  
613.85 CAR Mississauga Library System

*How to Quit Smoking Without Gaining Weight* by Beth Marcus et al. New York: Pocket Books, 2004

Based on the American Lung Association's smoking cessation program, this book offers expert advice on how to quit smoking in a way that avoids weight gain. There are dozens of strategies to help relieve cravings and attain a healthy and smoke-free life.

#### **Availability for loan:**

DB 420 M27 2004 Health Information & Wellness Centre, both locations

*For Smokers Who Want to Quit: One Step at a Time.* Toronto: Canadian Cancer Society, 2000

This helpful booklet addresses the various stages of the quitting process, from thinking