

Tobacco Treatment Resources* for East Hawai`i

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| Hawai`i Tobacco Quitline | 1-800-QUIT-NOW (1-800-784-8669) |
| American Cancer Society | 935-9763 www.cancer.org 1-800-ACS-2345 |
| NCI Smoking Quitline | 1-877-44U-QUIT (1-877-448-7848) |
| Great Start for Pregnant Women | 1-866-66-START |
| Quit Smoking Group Session | |
| • `A`ohe Puhī Paka: Hui Mālama Ola Nā `Ōiwi | 969-9220 Group sessions available island-wide. (Leimomi Shearer) 8 week groups, 1 hour a week. Free for Native Hawaiians. |
| • Kick-the-Nic: Hawai`i Island Tobacco Cessation & Assistance | 557-4838 (Cara Sadira and Ronnette Gonzalves) Free six-week sessions, free patches, and gum available. Onsite business sessions available. Visit www.kickthenic.net for details. |
| • Kaiser Permanente | 934-4000 Single-session one-hour group appointment. Follow-up provided by phone. Kaiser covers costs on medications, but class attendance is required. For non-members a class completion certificate is awarded and may be presented to your physician for possible medication coverage. Call for session dates. Cost: Visit co-payment fee for Members, \$25.00 for Non-Members |
| • Veteran's Affairs Community Based Outpatient Clinic | 935-3781 1285 Waiuanue Avenue Linda Pacyau Group program for eligible veterans. Single session. Nicotine replacement patches if eligible & have primary care with VA. |
| American Lung Association | |
| • Online Quit Smoking Program | www.ffsonline.org |
| • Lung HelpLine | 1-800-LUNG-USA Self Help Booklets & Audio Tapes Available Debbie Odo |
| • NOT - Youth Treatment Program | 935-1206 |

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| American Heart Association | 961-2825 Cessation Literature (Contact: Shauna Tuohy) |
| One-On-One Counseling | |
| • Hui Mālama Ola Nā `Ōiwi | 969-9220 Native Hawaiian Health Care System for (Contact: Leimomi Shearer) Native Hawaiians and their immediate family members. |
| • Hamakua Health Center | 930-2746 Free one-on-one counseling for area residents. Please call for an appointment. Bev Cypriano Patient Education Office |
| • HMSA - Ready Set Quit | 1-888-225-4122 Free telephone counseling, education and relapse prevention services for HMSA subscribers. |
| • Tutu's House | 885-6777 Session offered 2x/month. (Contact: Dana Moody Program: 1 hr 1x session with follow-up or Joan Campbell) contact. One-on-one or group sessions available—dependent on group needs. |
| Alternative Support and Counseling | |
| • John K. Uohara, M.D., F.A.C.O.G. | 961-6608 (Fees involved) Laser Renué - acculaser therapy, cold laser therapy similar to acupuncture. No needles, no pain. |
| • Bernie Lustgarten, M.A., C.H.T. | 966-5085 (Fees involved) |
| • Keala Noel | 965-1244 (Fees involved) Available for one-on-one, group sessions or in tandem w/acupuncture therapy. |
| • Sarah West - Acupuncture | 969-1155 (www.acupuncturewest.com) |
| • Scott Miller - Acupuncture | 934-7030 |
| • Robbie Wade - Licensed Acupuncturist | 935-3707 168-D Keawe St. |
| • BIG ISLAND ACUPUNCTURE, Aaron Ishigo | 934-9858 |

*This list is provided as a community resource. It does not imply endorsement of any of the services.

Quick Reference: Medicines that help you quit smoking

| Type of Medicine | Brand Names | Do I need a doctor's prescription? | Cost (may vary by island) | Where can I get it? | Other benefits |
|------------------|---|------------------------------------|--|---|-----------------------------------|
| Pill | Zyban also called: Wellbutrin, and bupropion SR | Yes | \$55 to \$86 for one month's supply of 60 pills | Your doctor | Lessens cravings and weight gain. |
| | Chantix also called: varenicline | Yes | \$100 to \$170 per month, treatment usually lasts 3 months | Your doctor | Eases symptoms of quitting. |
| Gum | Nicorette, Nicorette DS, Nicorette Mint | No | \$29 for 48 pieces \$50 for 108 pieces \$68 for 190 pieces | Drugstores, Pharmacies, Tobacco Quit Line | Easy to use. |
| Patch | Habitrol, Nicoderm CQ, Nicotrol, ProStep | No | \$17 to \$35 for one week's supply | Drugstores, Pharmacies, Tobacco Quit Line | Easy to use. |
| Inhaler | Nictorol IN | Yes | \$50 for inhaler mouth piece and 48 cartridges | Your doctor | Works quicker than the gum. |
| Spray | Nicotrol NS | Yes | \$36 for one week's supply | Your doctor | Eases symptoms of quitting. |
| Lozenge | Commit | No | \$40 for 72 pieces | Drugstores, Pharmacies | Easy to use. |

These medicines can double the chance of quitting when used with counseling and support with lifestyle changes.



Hui Mālama Ola Nā ʻŌiwi • Phone: (808) 969-9220