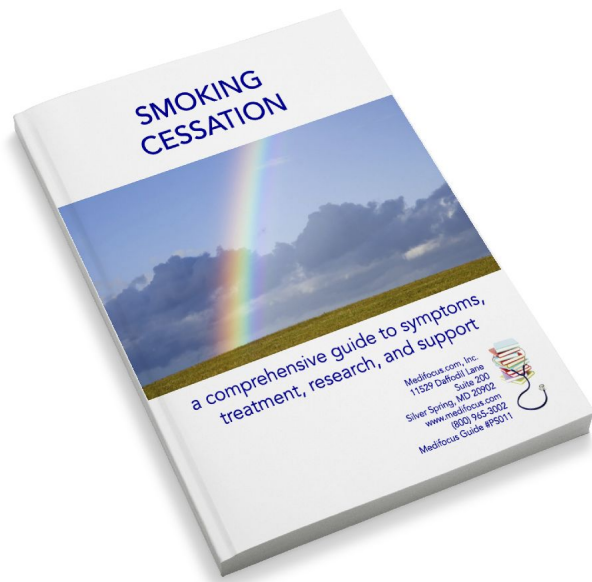


Preview of the Medifocus Guidebook on: Smoking Cessation

Updated November 4, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Smoking Cessation**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Smoking Cessation (103 pages; Updated November 4, 2009), please:

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1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

SMOKING CESSATION

Introduction to Smoking Cessation

Tobacco use is the leading preventable cause of premature death in the United States. Each year, more than 440,000 Americans die of tobacco-related disease, accounting for 1 in every 5 deaths. The adverse health effects of smoking have been widely recognized since the 1960s when smoking was closely linked to an increased risk of lung cancer. However, the list of known consequences of tobacco use has grown significantly since. While cigarette smoking is responsible for more than 30% of the cancer deaths each year in the United States, it also contributes substantially to deaths from:

- Heart disease
- Stroke
- Chronic obstructive pulmonary disease (COPD)
- Abdominal aortic aneurysm (AAA)
- Acute myelogenous leukemia (AML)
- Cataracts
- Cervical cancer
- Kidney cancer
- Pancreatic cancer
- Stomach cancer
- Bladder cancer
- Oral and throat cancers
- Pneumonia

It has been estimated that there were 850,000 deaths due to lung cancer worldwide in the year 2000. That year in the United States, there were 184,000 new cases of lung cancer; 46,000 among current smokers and 138,000 among former smokers.

Several large studies have demonstrated that smokers have an increased risk of developing diabetes and that diabetics who smoke may require high doses of insulin for treatment to be effective.

People with mood disorders, psychoses, anxiety disorders, and substance abuse disorders are more likely to be addicted to nicotine than persons without these disorders. Approximately 90% of persons with schizophrenia are smokers.

People with chronic medical conditions such as asthma, diabetes, cardiovascular disease, cancer and HIV/AIDS are particularly susceptible to the adverse effects of tobacco. Smokers with HIV

infection who quit are more likely to respond well to HIV treatment and are less likely to die than HIV-infected smokers who continue to smoke. Benefits of smoking cessation after cancer diagnosis include decreased risk for treatment complications, decreased risk for second primary tumors, improved survival rates, and improved quality of life.

Even smokeless tobacco (chewing tobacco) contributes to cancers of the mouth and throat, periodontal disease and tooth decay, and pregnancy-related problems.

Smoking Statistics

- Nearly one-third (33%) of those who try a cigarette become addicted to nicotine.
- It is estimated that 21% of American adults (44.5 million people) and 22% of American high school students (3.75 million) smoke.
- Estimates suggest that over the next 25 years, the worldwide death toll from cigarette smoking will more than triple, increasing from 3 million annually in 1995 (almost 6 per minute) to more than 10 million annually by the year 2030 (almost 20 per minute).
- In the United States, smoking accounted for over 6% of total health care expenses in 1999 (\$76 billion).
- It is estimated that about 1 in 10 lung cancers in the United States develop in nonsmoking women, and that these malignancies are at least partly attributable to passive smoke exposure.
- Compared to nonsmokers, men who smoke are about 23 times more likely to develop lung cancer, and women who smoke are about 13 times more likely to develop lung cancer. Smoking causes about 90% of lung cancer deaths in men and about 80% in women.
- Each year, 3,000 lung cancer deaths and 62,000 deaths from coronary artery disease occur in nonsmokers and are attributable to environmental (secondhand) tobacco smoke exposure.

In 2004, the Surgeon General of the United States released a report discussing the effects of cigarette smoking on the human body. Major findings include the following:

- Smoking harms nearly every organ of the body, causing many diseases and reducing health in general.
- Quitting smoking has immediate as well as long-term benefits, reducing risks for diseases caused by smoking and improving health in general.
- Smoking cigarettes with lower tar and nicotine provides no clear benefit to health.

Components of Cigarette Smoke

Over 4000 chemical compounds are created by burning a cigarette, including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins. Carbon monoxide, nicotine, tar, nitrogen oxide, hydrogen cyanide, ammonia, formaldehyde, arsenic, and DDT (a dangerous pesticide) are all present in cigarette smoke.

Cigarette smoke can contain high levels of carbon monoxide (CO), which is a colorless, odorless gas. Exposure to carbon monoxide reduces the blood's ability to carry oxygen to the tissues in the body. Breathing low levels of CO can cause fatigue and increased chest pain in people with

chronic heart disease. In healthy people, breathing higher levels of carbon monoxide causes symptoms including headaches, dizziness, nausea and confusion. At very high levels, exposure to carbon monoxide will cause loss of consciousness and death.

The amount of tar inhaled into the lungs increases as a cigarette is smoked, with the last puff containing more than twice as much tar as the first puff. Over time, tar coats the insides of the lungs. A one pack-per-day (20 cigarettes) smoker breathes in up to a full cup (210 g) of tar in the course of one year.

The Effects of Nicotine

Nicotine is the highly addictive ingredient in cigarettes. Nicotine is a colorless and volatile liquid that occurs naturally in the leaves and stems of *Nicotiana tabacum* and *Nicotiana rustica*. It was named for Jean Nicot, a French ambassador in Portugal who introduced tobacco to French royalty in the form of snuff in 1556.

Nicotine is the primary component of tobacco (between 10 and 25 mg per cigarette) and is responsible for the odor associated with cigarette smoke. When smoke containing nicotine is inhaled into the lungs, it is rapidly absorbed into the pulmonary circulation and reaches the brain within about 7 seconds. Approximately 80-90% of nicotine is metabolized by the liver, kidneys, and lungs.

Nicotine stimulates the release of numerous neurotransmitters in the brain (including norepinephrine, dopamine, adrenaline, acetylcholine, and serotonin). The rapid release of adrenaline, which is the hormone responsible for the *fight-or-flight* response, can cause increased heartbeat and blood pressure and rapid, shallow breathing. The addictive nature of nicotine is thought to be due to the activation of dopamine.

In small doses, nicotine acts as a stimulant, but in large doses it acts as a depressant, decreasing the transmission of signals between nerve cells. Nicotine has a major effect on the cardiovascular system, limiting blood flow to the heart by causing constriction and spasm of the arteries that supply the heart muscle.

Nicotine impacts the metabolism of many other drugs, affecting the clinical results by either decreasing or enhancing their efficiency. Several classes of drugs are affected including blood pressure, anticoagulants (blood thinners) and psychotropic medications.

The effects of nicotine in the body only last about 40 minutes to a couple of hours and over time, the body can become tolerant to the effects. Therefore, people who smoke or chew tobacco need to dose themselves periodically throughout the day to replenish the level of nicotine and in over time, require increasing amounts to achieve the same effect.

Due to genetic differences among individuals, there are variations in nicotine metabolism leading to differences in blood levels of nicotine among tobacco users. This is thought to contribute to differences in addiction patterns and intensity of tobacco usage among individual smokers.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Smoking Cessation** also includes the following additional sections:

- **Health Consequences of Smoking**
- **Treatment Options for Smoking Cessation**
- **Benefits of Smoking Cessation**
- **Questions to Ask Your Doctor about Smoking Cessation**

To Order the Complete **Guidebook on Smoking Cessation** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 45 Articles
- General Interest Articles - 48 Articles
- Drug Therapy Articles - 4 Articles
- Clinical Trials Articles - 44 Articles
- Nicotine Replacement Therapy Articles - 7 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed <September 2007 to November 2009>

Review Articles

1.

Smoking cessation during substance abuse treatment: what you need to know.

Authors: Baca CT; Yahne CE
Institution: Center on Alcoholism, Substance Abuse and Addictions, University of New Mexico, 2650 Yale S.E., Albuquerque, NM 87106, USA. baca5@unm.edu
Journal: J Subst Abuse Treat. 2009 Mar;36(2):205-19. Epub 2008 Aug 20.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=PS011&ID=18715746>

2.

Endocrine and metabolic effects of smoking cessation.

Author: Berlin I
Institution: Universite Paris 6, Hopital Pitie-Salpetriere, Inserm U 894, Service de Pharmacologie, Paris, France. ivan.berlin@psl.aphp.fr
Journal: Curr Med Res Opin. 2009 Feb;25(2):527-34.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=PS011&ID=19205076>

3.

A preliminary benefit-risk assessment of varenicline in smoking cessation.

Authors: Cahill K; Stead L; Lancaster T
Institution: Cochrane Tobacco Addiction Group, Department of Primary Health Care, Oxford University, Oxford, UK. kate.cahill@dphpc.ox.ac.uk
Journal: Drug Saf. 2009;32(2):119-35. doi: 10.2165/00002018-200932020-00005.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=PS011&ID=19236119>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Smoking Cessation** includes the following sections:

- Review Articles - 45 Articles
- General Interest Articles - 48 Articles
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- Clinical Trials Articles - 44 Articles
- Nicotine Replacement Therapy Articles - 7 Articles

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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

CA - California

<u>Name of Author</u>	<u>Institutional Affiliation</u>
Benowitz NL	Division of Clinical Pharmacology and Experimental Therapeutics, Medical Service, San Francisco General Hospital Medical Center, San Francisco, California, USA. nbenowitz@medsfgh.ucsf.edu
Glantz SA	Department of Medicine, Center for Tobacco Control Research and Education, University of California, San Francisco, CA 94143-1390, USA. pling@medicine.ucsf.edu
Hall SM	Department of Psychiatry, University of California, San Francisco, CA 94143, USA. phendricks@lppi.ucsf.edu
Hendricks PS	Department of Psychiatry, University of California, San Francisco, CA 94143, USA. phendricks@lppi.ucsf.edu
Ling PM	Department of Medicine, Center for Tobacco Control Research and Education, University of California, San Francisco, CA 94143-1390, USA. pling@medicine.ucsf.edu
Messer K	Cancer Prevention and Control Program, Moores UCSD Cancer Center, University of California, San Diego, La Jolla, CA 92093-0901, USA.
Moscicki AB	University of California, Division of Adolescent Medicine, 3333 California St, Suite 245, San Francisco, CA 94118, USA. rubinsteinm@peds.ucsf.edu
Munoz RF	Department of Psychiatry at San Francisco General Hospital, Latino Mental Health Research Program, and Internet World Health Research Center, University of California, San Francisco, San Francisco, CA 94110, USA. ricardo.munoz@ucsf.edu
Nides M	Los Angeles Clinical Trials, Los Angeles, California 91505, USA. mnides@laclinicaltrials.com
Perez-Stable EJ	Department of Psychiatry at San Francisco General Hospital, Latino Mental Health Research Program, and Internet World Health Research Center, University of California, San Francisco, San Francisco, CA 94110, USA. ricardo.munoz@ucsf.edu

The **Centers of Research** in the complete **Medifocus Guidebook on Smoking Cessation** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

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5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Smoking Cessation** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

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6 - Directory of Organizations

American Association for Respiratory Care

9425 N. MacArthur Boulevard; Suite 100; Irving, TX 75063

972.243.2272

info@aacrc.org

www.aarc.org

American Cancer Society

800-ACS-2345

www.cancer.org

American Lung Association

61 Broadway, 6th Floor, New York, NY 10006

800.548.8252; 212.315.8700

www.lungusa.org

American Psychiatric Association

1000 Wilson Boulevard, Suite 1825, Arlington, Va. 22209-3901

703-907-7300

apa@psych.org

www.psych.org/

American Psychological Association

750 First Street, NE, Washington, DC 20002-4242

(800) 374-2721

www.apa.org/

American Psychotherapy and Medical Hypnosis Association

3430 Creekwood Drive Brownsville, TX 78526

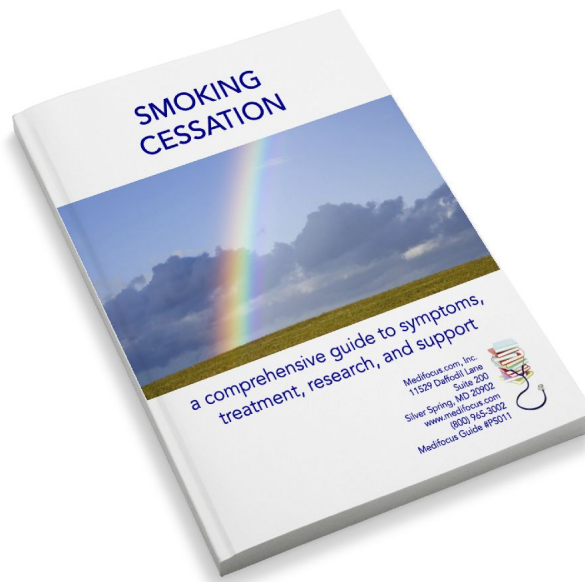
(956) 465-1581

admin@apmha.com

apmha.com/

The **Directory of Organizations** in the complete **Medifocus Guidebook on Smoking Cessation** includes a list of selected disease organizations and support groups that are helping people diagnosed with Smoking Cessation.

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