



# Welcome!

**This is your one-stop source for information  
to help smokers become tobacco-free.**

Quitting is hard, but nearly 1.3 million smokers quit each year. Many of these ex-smokers quit by using the clinically based methods presented in the Public Health Service Guideline on Treating Tobacco Use and Dependence. Enclosed you will find guideline products designed specifically for consumers, and available in English, Spanish, and easy-to-read formats to address the needs of our diverse U.S. population.

For additional print products, call any of the following agencies:

- Agency for Healthcare Research and Quality, 800-358-9295
- Centers for Disease Control and Prevention, 800-CDC-1311
- National Cancer Institute, 800-4-CANCER

For a complete index of tobacco cessation materials online, visit: [www.ahrq.gov/path/tobacco.htm](http://www.ahrq.gov/path/tobacco.htm)

*Let's get started...*