



Turn Your Back on Tobacco

Tobacco Cessation

RESOURCE GUIDE

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A Community Service from Sentara Healthcare

When you decide to quit smoking/using tobacco, there are many programs and resources available to help you quit - for good. This resource guide contains tobacco cessation programs available to residents of Virginia. Whether you prefer a self-paced program, a support group setting or a more private approach, there is a method that can work for you. This guide lists group programs, individual programs, web-based programs and other valuable resources. Some programs have fees associated with them. Contact the program you are interested in to find out more information. Remember, your physician/provider is an excellent source of information and guidance regarding tobacco cessation.



When you're ready to quit, there are many ways to get help.

Ask Your Doctor

If formal programs are not available in your area or do not appeal to you—ask your doctor for help in quitting. Your health care provider can assist you in developing a plan especially suited to your particular needs.

Studies have shown that the following five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. Get Ready

Set a date, get rid of ashtrays and tobacco products, review past attempts to quit, and once you quit don't take even one puff or dip!

2. Get Support

You have a better chance of success if you have help. You can get support from family, friends, coworkers, your health care provider, a counselor, or a support group (such as Nicotine Anonymous).

3. Learn New Skills & Behaviors

Distract yourself, change your routine, use stress reduction techniques, drink a lot of water, do abdominal breathing etc. In addition to formal classes, there are many self-help materials available at low or no cost and many online resources exist that can help.

4. Get and Use Medication

There are medications approved by the FDA that can help you: Nicotine replacement products (gum, patch, lozenge, nasal spray & inhaler) and non-nicotine products such as Welbutrin SR and Chantix. Ask your health care provider for advice and carefully read the package information. All of these medications will improve your chances of successfully quitting.

If you are pregnant, nursing, under age 18, smoking less than 10 cigarettes a day, or have a medical condition, talk to your health care provider before taking medications.

5. Prepare for Relapse

Most relapses occur within the first 3 months. Don't be discouraged—most people try several times before they finally quit. Typical difficult situations to watch out for: other smokers, drinking alcohol, weight gain, bad mood or depression. Talk to your health care provider if you have problems with any of these.

Source: *You Can Quit Smoking: Consumer Guide*, published by the US Department of Health and Human Services, 2008. For a free booklet call 800-538-9295. www.surgeongeneral.gov/tobacco.

Magazines/ Information/ Materials

Virginia Tobacco Settlement Foundation
www.vtsf.org

American Cancer Society
www.cancer.org

American Lung Association
www.lungusa.org

American Heart Association
www.americanheart.org

National Toll-Free Quitlines

Great Start (pregnant smokers)
1-866-66 START
1-866-667-8278

National Quitline Network
1-800-QUIT NOW
1-800-784-8669

Cancer Information Service
1-800-4 CANCER
1-800-422-6237

National Cancer Institute Quitline
1-877-448-7848



Group Programs

Sentara Healthcare

Sentara Health and Preventive Services
4417 Corporation Lane
Virginia Beach, VA 23462
1-800 SENTARA
Free Community Classes for residents of
Hampton Roads are provided at various locations
throughout the year.

Chesapeake

Chesapeake General Hospital Lifestyle Center
800 N. Battlefield Blvd.
Chesapeake, VA 23320
757-312-6132

Russell Memorial Library
2808 Taylor Road
Chesapeake, VA 23321
757-410-7016

Norfolk

American Lung Association
Teen programs available/Nicotine Anonymous
5349 E. Princess Anne Rd.
Norfolk, VA 23502
757-855-3059

Norview United Methodist Church
1112 Norview Ave
Norfolk, VA 23513
757-853-9361

Portsmouth

**Bon Secours Wellness Center
at Maryview Medical Center**
3636 High St.
Portsmouth, VA 23707
757-398-2011

Virginia Beach

**Nicotine Anonymous
at Old Donation Episcopal Church**
4449 N. Witchduck Rd.
Virginia Beach, VA 23455
757-461-3689

Peninsula

Hampton Health Dept.
3130 Victoria Blvd.
Hampton, VA 23661
757-727-1140 - Health Educator

Smokeless Program
Riverside Wellness & Fitness Center
12650 Jefferson Avenue
Newport News, VA 23602
Contact: Tony Williams
757-875-7533

Quit Smart Program
Clinical Associates of Tidewater
12695 McManus Boulevard, Bldg. #8
Newport News, VA 23692
757-877-7700
Website: www.quitsmart.com

**Sentara Williamsburg
Regional Medical Center**
100 Sentara Circle
Williamsburg, VA 23188
757-984-7106

Sentara Health and Preventive Services
1604 Santa Rosa Road, Suite 100
Richmond, VA 23229
804-510-7406

**Nicotine Anonymous
Serenity Club**
107 W Brooklyn Park Blvd
Richmond, VA 23320
877-879-6422



St. Marks Episcopal Church
520 N. Boulevard
Richmond, VA 23320
804-358-4771

Individual Programs

“Get Off Your Butt: Stay Smokeless for Life”

CD Program
Sentara Health and Preventive Services
1-800-SENTARA (1-800-736-8272)

National Quitline Network
1-800-QUIT-NOW
1-800-784-8669

Clinical Associates of Tidewater
12695 McManus Blvd., Building #8
Newport News, VA 23692
757-877-7700

Simply Lifestyles
1115 Independence Blvd
Virginia Beach, VA 23455
Judith M. Dillahunt, M.A., CHt.
757-460-4300 or 757-490-8463

Tidewater Hypnosis
C.L. Clayton, PsyD, CDH, CHt
2405 Keaton Ct.
Virginia Beach, VA 23456
757-471-7002
info@claytonhypnosisclinic.com

Alternative Health and Healing
Contact: Louise Thayer-Lee, RDH CMT CHT
2301 Hilliard Road, Suite 7
Richmond, VA 23228
804-261-3800
Web site: www.rurelaxed.com
Email: relaxer@verizon.net

Individual Programs (Cont'd)

Lynelle Brantner, Certified Hypnotherapist
3634 South Plaza Trail, Ste 204
Virginia Beach, VA 23462
757-237-1737

The American Hypnosis Clinic
Contact: Heather Merrill
10710 Midlothian Turnpike, Ste 116
Richmond, VA 23235
1-888-497-6622
Web site: www.americanhypnosisclinic.com
Email: hmerrill4@yahoo.com

Web-based Programs

Stop Smoking Center
www.stopsmokingcenter.net
Try to Stop
www.trytostop.org
Become an Ex
www.becomeanex.org
Smoking Cessation Center
www.webmd.com/smoking-cessation
Committed Quitters
www.committedquitters.com
Freedom From Smoking Online
www.lungusa.org
www.ffsonline.org
Quit Net
www.quitnet.com
Smoke Free
www.smokefree.gov
Healthline
www.healthline.com
Nicotine Anonymous
www.nicotine-anonymous.org

Related Links

Smoke-Free Virginia
www.smokefreevirginia.org
Action on Smoking and Health
www.ash.org
**Navy Environmental Health Center,
Tobacco Cessation Program**
www.nehc.med.navy.mil/hp/tobacco/index.htm
National Center for Tobacco-Free Kids
www.tobaccofreekids.org
Smoke Free Kids
www.smokefree.gov
WebMD Health
www.my.webmd.com

