Tobacco Cessation

Resource Guide
When you decide to quit 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 and North Carolina. 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 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.
Health and Preventive Services
Tobacco Cessation Specialist
4417 Corporation Lane
Virginia Beach, VA 23462
www.sentara.com/tobacco cessation

WebMD Health Services
Sign in at www.optimahealth.com/mylifemyplan and select Wellness Tools from your MyOptima menu

Get Off Your Butt: Stay Smokeless for Life

Quit Smart Program
Naomi Goldblum Ph.D.
Clinical Associates of Tidewater
12695 McManus Boulevard, Bldg. #8
Newport News, VA 23692
www.quitsmart.com
(757) 877-7700

Sentara Williamsburg Regional Medical Center
100 Sentara Circle
Williamsburg, VA 23188
www.sentara.com/tobacco cessation

Sentara Health and Preventive Services
1604 Santa Rosa Road, Suite 100
Richmond, VA 23229
www.sentara.com/tobacco cessation

Quit Smart Program
Susan Cooke, M.S.
Powhatan and Midlothian, VA
(804) 363-9198
Programs

Get Off Your Butt: Stay Smokeless for Life
Sentara Health and Preventive Services
www.sentara.com/tobacco cessation
Self Study Program

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

Region TEN CSB
500 Old Lynchburg Rd.
Charlottesville, VA 22903
Charlottesville Free Clinic
(434) 972-1829

Thomas Jefferson Health District
1138 Rose Hill Drive
Charlottesville, VA 22903
www.quitnow.net/Virginia
(434) 296-5525

Tidewater Family Medical Care PC
516 Innovation Dr., Suite 103
Chesapeake, VA 23320
(757) 495-0606
For existing patients only

Sentara CarePlex Hospital
3000 Coliseum Drive
Hampton, VA 23666
(757) 827-2415

Sentara RMH Medical Center
Harrisonburg, VA 22801
Erica Rollins, Health Education and Awareness Coordinator
(540) 433-4421
# Programs

<table>
<thead>
<tr>
<th>Location</th>
<th>Program</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Norfolk</td>
<td>Sentara Family Medicine Physicians</td>
<td>301 Riverview Avenue, Suite 810</td>
<td>(757) 252-9150</td>
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<tr>
<td></td>
<td>Sentara Internal Medicine Physicians</td>
<td>Fort Norfolk Plaza</td>
<td>(757) 252-9010</td>
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<td></td>
<td>Sentara Albemarle Medical Center</td>
<td>1144 N Road Street</td>
<td>(252) 335-0531</td>
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<tr>
<td>North Carolina</td>
<td>Clinical Associates of Tidewater</td>
<td>12695 McManus Blvd., Building #8</td>
<td>(757) 877-7700</td>
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<tr>
<td>Peninsula</td>
<td>EVMS Portsmouth Family Medicine</td>
<td>3640 High Street</td>
<td>(757) 397-6344</td>
</tr>
<tr>
<td>Portsmouth</td>
<td>Carilion Clinic - Community Health and Outreach</td>
<td>Be A Quitter Program</td>
<td>(540) 266-6000 or 1-800-422-8482</td>
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<tr>
<td>Roanoke</td>
<td>Awakenings Counseling Center</td>
<td>1008 Old Virginia Beach Rd.</td>
<td>(757) 422-2118</td>
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<tr>
<td>Virginia Beach</td>
<td>Clayton Hypnosis Clinic</td>
<td>C.L. Clayton, PsyD, CDH, CHt</td>
<td>(757) 471-7002</td>
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Web-based Programs/Resources

### Smoking Cessation Websites

- **Massachusetts Tobacco Cessation and Prevention Program (MTCP)**  
- **Become an Ex**  
  - [www.becomeanex.org](http://www.becomeanex.org)
- **Smoking Cessation Overview**  
  - [www.webmd.com/smoking-cessation](http://www.webmd.com/smoking-cessation)
- **MyQuit**  
  - [www.quit.com](http://www.quit.com)
- **Freedom From Smoking Online**  
  - [www.lungusa.org](http://www.lungusa.org)  
  - [www.ffsonline.org](http://www.ffsonline.org)
- **Smoke Free**  
  - [www.smokefree.gov](http://www.smokefree.gov)
- **Nicotine Anonymous**  
  - [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)
- **National African American Tobacco Prevention Network**  
  - [www.naatpn.org](http://www.naatpn.org)
- **Quit Now**  
  - [www.quitnow.net/Virginia](http://www.quitnow.net/Virginia)

### Related Links

- **Action on Smoking and Health**  
  - [www.ash.org](http://www.ash.org)
- **EVMS-Rethink Vape**  
  - [https://rethinkvape.org](https://rethinkvape.org)
- **National Center for Tobacco-Free Kids**  
  - [www.tobaccofreekids.org](http://www.tobaccofreekids.org)
- **Truth Initiative: Inspiring Tobacco Free Lives**  
  - [www.truthinitiative.org](http://www.truthinitiative.org)
- **American Cancer Society**  
  - [www.cancer.org](http://www.cancer.org)
- **American Lung Association /Better Breathers Club**  
  - [www.lung.org/support-and-community/better-breathers-club](http://www.lung.org/support-and-community/better-breathers-club)
- **American Heart Association**  
  - [www.heart.org](http://www.heart.org)

### 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
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 and 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 Wellbutrin 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.

Inclusion of a resource in this brochure does not imply endorsement by Sentara Healthcare. The material contained in this publication is not intended to be medical advice on any particular matter. Readers should seek appropriate professional advice before acting on the basis of any information contained in these programs. This information is courtesy of Sentara Healthcare. For more information, contact the Health and Preventive Services at 1-833-484-0044 or visit www.sentara.com/tobaccocessation.

Need help in another language? Call us at 1-855-687-6260.