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. 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.
### Group Programs

<table>
<thead>
<tr>
<th>Health and Preventive Services</th>
<th>4417 Corporation Lane</th>
<th>Virginia Beach, VA 23462</th>
<th>1-800-736-8272</th>
<th>Free Community Classes for residents of Hampton Roads are provided at various locations throughout the year.</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Lung Association</td>
<td>Teen programs available/Nicotine Anonymous</td>
<td>5349 E. Princess Anne Rd.</td>
<td>Norfolk, VA 23502</td>
<td>(757) 855-3059</td>
</tr>
<tr>
<td>Norview United Methodist Church</td>
<td></td>
<td>1112 Norview Ave.</td>
<td>Norfolk, VA 23513</td>
<td>(757) 853-9361</td>
</tr>
<tr>
<td>Hampton Health Dept.</td>
<td></td>
<td>3130 Victoria Blvd.</td>
<td>Hampton, VA 23661</td>
<td>Contact: Megan DeWitt - Health Educator - TC</td>
</tr>
<tr>
<td>Smokeless Program</td>
<td>Riverside Wellness &amp; Fitness Center</td>
<td>12650 Jefferson Avenue</td>
<td>Newport News, VA 23602</td>
<td>Contact: Holly Hicks</td>
</tr>
<tr>
<td>Quit Smart Program</td>
<td>Naomi Goldblum Ph.D.</td>
<td>Clinical Associates of Tidewater</td>
<td>12695 McManus Boulevard, Bldg. #8</td>
<td>Newport News, VA 23692</td>
</tr>
<tr>
<td>Sentara Williamsburg Regional Medical Center</td>
<td>100 Sentara Circle</td>
<td>Williamsburg, VA 23188</td>
<td>(757) 984-7106</td>
<td></td>
</tr>
<tr>
<td>Sentara Health and Preventive Services</td>
<td>1604 Santa Rosa Road, Suite 100</td>
<td>Richmond, VA 23229</td>
<td>(804) 510-7406</td>
<td></td>
</tr>
<tr>
<td>Nicotine Anonymous</td>
<td>Serenity Club</td>
<td>107 W Brooklyn Park Blvd.</td>
<td>Richmond, VA 23222</td>
<td>1-877-879-6422</td>
</tr>
<tr>
<td>Quit Smart Program</td>
<td>Susan Cooke, M.S.</td>
<td>Farmville, Powhatan, Amelia, and Chesterfield, VA</td>
<td>(804) 363-9198</td>
<td></td>
</tr>
</tbody>
</table>
“Get Off Your Butt: Stay Smokeless for Life”
CD Program
Sentara Health and Preventive Services
1-800-736-8272

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

Region TEN CSB
500 Old Lynchburg Rd.
Charlottesville, VA 22903
1-855-444-2371

Intercoastal Family Practice
633 Battlefield Blvd. S., Suite 300
Chesapeake, VA 23322
(757) 233-4700

Nicotine Anonymous
Great Bridge United Methodist Chruch
201 Stadium Dr.
Chesapeake, VA 23322
(757) 482-1049

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

Anne Penman Laser Therapy to Quit Smoking
1321 Central Park Blvd.
Fredericksburg, VA 22401
(540) 786-7867

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

Associates in Primary Care PC
426 E. Freemason St.
Norfolk, VA 23510
(757) 623-6072

Hague Medical Associates
400 Brambleton Ave., Suite 100
Norfolk, VA 23510
(757) 627-6220

Park Place Medical Center
3415 Granby St.
Norfolk, VA 23504
(757) 533-9108

Sentara Family Medicine Physicians Fort Norfolk
301 Riverview Ave.
Norfolk, VA 23510
(575) 388-1874
Clinical Associates of Tidewater
12695 McManus Blvd., Building #8
Newport News, VA 23692
(757) 877-7700

Portsmouth Family Medicine
600 Crawford St., Suite 400
Portsmouth, VA
(757) 397-6344

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

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

The Nature Within
4515 B Brambleton Ave.
Roanoke, VA 24018
(540) 774-7848

Awakenings Counseling Center
1008 Old Virginia Beach Rd.
Virginia Beach, VA 23451
www.counselingatawakenings.com
(757) 422-2118

Family Medicine Center
1201 Lake James Dr., Suite 200
Virginia Beach, VA 23464
(757) 523-0022

Lynelle Brantner, Certified Hypnotherapist
2373 Madison Ave.
Virginia Beach, VA 23455
(757) 237-1737

Stop Smoking Hypnosis Center of VA
349 Southport Circle, Suite 111
Virginia Beach, VA 23452
(757) 677-6009

Tidewater Hypnosis
C.L. Clayton, PsyD, CDH, CHt
2405 Keaton Ct.
Virginia Beach, VA 23456
(757) 471-7002
info@claytonhypnosisclinic.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
Healthy Visions • 1-866-312-3159
Quit Now • www.quitnow.net/Virginia

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.webmd.com

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

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
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 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 Community Health and Prevention office at 1-800-736-8272 or visit www.sentara.com/tobaccocessation.
Tobacco Cessation Tips

**DO:**
- Be patient with yourself
- Be positive; use self-talk
- Be proud of small accomplishments
- Take time for yourself
- Believe that you can be a non-smoker
- Get lots of rest
- Use your sense of humor
- Talk to someone
- Drink water often
- Remember why you chose to become tobacco-free

**DON’T:**
- Be impatient
- Worry about “forever”
- Be negative
- Neglect yourself
- Drink a lot of alcohol
- Overdo
- Take yourself too seriously
- Be afraid to ask for help
- Believe you can have “just one”
- Forget the reason you quit

Call
1-800-736-8272
or visit www.sentara.com/tobaccocessation for tobacco cessation information.
Within 20 Minutes of Quitting

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years:

20 Minutes After Quitting
Your heart rate drops.

Yes! You Can Do This!

12 Hours After Quitting
Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting
Your heart attack risk begins to drop.
Your lung function begins to improve.

1 to 9 Months After Quitting
Your added risk of coronary heart disease is half that of a smoker’s.

1 Year After Quitting
Your lung cancer death rate is about half that of a smoker’s.

5 Years After Quitting
Your stroke risk is reduced to that of a nonsmoker’s 5-15 years after quitting.

10 Years After Quitting
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

10 Years After Quitting
Your risk of coronary heart disease is back to that of a nonsmoker’s.

15 Years After Quitting
Your stroke risk is reduced to that of a nonsmoker’s 5-15 years after quitting.
Tobacco Cessation Action Plan

As part of my recent diagnosis, my physician has indicated that tobacco cessation is crucial to my successful treatment. I agree to the following plan indicated below by a check mark.

☐ 1(800) QUIT-NOW (Call 1-800-784-8669 for free counseling from trained coaches)

☐ Tobacco Cessation classes (individual or group) offered by Optima Health (Call 1-800-736-8272 to register for free classes)

☐ “Get off Your Butt: Stay Smokeless for Life” at-home tobacco cessation program (Call 1-800-736-8272 to request a free program)

☐ Telephonic health coaching through Web MD Health Services (Optima Health members only login on www.optimahealth.com)

☐ Care Management (Call Member Services number on your health plan ID card)

☐ Online tobacco cessation program (suggest: American Lung Association “Freedom from Smoking”)

☐ Other (e.g. nicotine patch, gum, prescription medication; please specify below):

______________________________________________________________________________

I will not use tobacco products after my “quit date” of ____________________________.

In the event that I cannot complete the plan as discussed and outlined above, I will call my health care provider to get a new plan in place.

______________________________  _______________________________
Patient Name - Print                  Patient Signature

______________________________  _______________________________
Health Care Partner/Provider– Print Name  Health Care Partner/Provider Signature
Tobacco Cessation Resources

1. National Quitline Network 1-800-QUIT-NOW (1-800-784-8669)

2. Call 1-800-736-8272 to:
   - Learn about availability of free classes in your area
   - Order *Get Off Your Butt: Stay Smokeless for Life* at-home program

3. Call (757) 687-6000 for free individual counseling with a tobacco cessation specialist.

Additional Resources for Optima Health Members Only

1. To access WebMD® Health Services, visit www.optimahealth.com/members and sign in to MyOptima.

2. To work directly with a Case Manager, call the Member Services phone number on your Optima Health member ID card.