

# tobacco free.

A Program of Washington County Health Partners



## Help to Quit

### **Tobacco Cessation Resources**

- Tobacco use is an expensive addiction. Spending \$4.50 per pack a day equals over \$1,600 a year.
- It is not easy to quit. It takes an average of six quit attempts to succeed.

**Help to Quit**, an initiative of the Tobacco Free Program of Washington County Health Partners, promotes local, phone, and internet-based tobacco cessation programs. Additional activities include:

- Tobacco Quit Kits
- Get Free Program (a tobacco cessation financial aid program)



## **Washington County Residents...Want to Quit Using Tobacco, But Need Help Getting Started?**

Contact us today to get a complimentary Tobacco Quit Kit, including:

- Literature and tips for quitting
- Water bottle
- Message pen
- Bookmark
- Magnet
- Heart-shaped stress reliever

Ask us about our Get Free Program to help you quit tobacco, including counseling and nicotine replacement therapy.

**Please contact Washington County Health Partners at 724-222-6511, 1-866-904-FREE (3733), or [info@tobaccofreewashington.org](mailto:info@tobaccofreewashington.org) today!**



## **Local Tobacco Cessation Resources**

### **Centerville Clinics, Inc.**

1070 Old National Pike, Fredericktown, PA 15333

724-632-6801

### Washington Family Doctors

Jefferson Plaza, 181 W. Beau St., Washington, PA 15301

724-223-1067

### Bentleyville Family Practice Center

100 Wilson Rd., Bentleyville, PA 15314

724-239-2390

### California Doctors' Office

408 Liberty St., California, PA 15419

724-938-2122

### Charleroi Family Practice and Dental

501 McKean Ave., Charleroi, PA 15022

724-483-5482

[www.centervilleclinics.com](http://www.centervilleclinics.com)

Services: Centerville Clinics' physicians help people stop using tobacco by referring them to the free PA Quitline.

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### **Cornerstone Care**

1227 Smith Township State Rd., Burgettstown, PA 15021

724-947-2255 / [www.cornerstonecare.com](http://www.cornerstonecare.com)

Services: Cornerstone Care offers Tobacco Cessation Services in a clinical setting. These services are structured in accordance with the Clinical Practice Guideline and the Clean Air for Healthy Children practices, and are a part of the comprehensive care provided for primary care patients. Referrals are made to other cessation resources as needed.

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## **Monongahela Valley Hospital, Inc.**

1163 Country Club Rd., Monongahela, PA 15063

724-258-1000 (main) / 724-258-1234 (Community Relations)

[www.monvalleyhospital.com](http://www.monvalleyhospital.com)

Services: Tobacco cessation programs are offered for youth and adults. Staff is trained in SmokeStoppers®, an adult cessation program, and Clean Air for Healthy Children, a counseling program geared toward pregnant women, new parents, and childcare providers. A SmokeStoppers® Support Group will meet at the request of the participants.

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## **The Washington Hospital/Respiratory Care Department**

155 Wilson Ave., Washington, PA 15301

724-223-3285 / [www.washingtonhospital.org](http://www.washingtonhospital.org)

Services: The Stay Quit Tobacco Cessation Program runs for six weeks, with a one-hour educational session each week. Classes are held at the Wilfred R. Cameron Wellness Center, 240 Wellness Way, Washington, PA.

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## **The Washington Hospital Teen Outreach**

410 N. Main St., Washington, PA 15301

724-222-2311 or 1-888-301-2311 / [www.healthyteens.com](http://www.healthyteens.com)

Services: Not-On-Tobacco (N-O-T) is the American Lung Association's scientifically tested, smoking cessation program designed specifically for 14- to 19-year-olds who: are regular smokers; are likely to be addicted to nicotine; volunteer to participate; and want to quit smoking using a group program. The program provides a "total health approach" to teen smoking cessation, striving to reduce the number of cigarettes used by teens unable to quit; increasing healthful lifestyle behaviors; and improving life skills such as stress management, decision-making, coping, and interpersonal skills. The program, consisting of 10, 50-minute sessions and four "booster" sessions, also uses a variety of active learning techniques. Individual cessation sessions for teens are also available.

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## **Internet and Phone Resources**

### **American Cancer Society**

1-800-QUIT-NOW (1-800-784-8669) / [www.cancer.org](http://www.cancer.org)

Services: Pennsylvania's Free Quitline program is offered (24 hours/7days) as a partnership between the Pennsylvania Department of Health and the American Cancer Society. Based on state-of-the-art techniques in smoking cessation, the service provides counseling and structured assistance for individuals who are committed to quitting.

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### **American Lung Association**

1-800-LUNG-USA / [www.lungusa.org](http://www.lungusa.org)

Services: The American Lung Association offers Freedom From Smoking® Online, a free, web-based smoking cessation program. The online program helps smokers understand their smoking addiction, while learning strategies, such as relaxation techniques, to quit smoking. Those registered can use the program's online message board to share experiences and support with other participants. To access Freedom From Smoking® Online, visit [www.lungusa.org](http://www.lungusa.org), go to the "Quit Smoking" button, and click on "FFS Online Program."

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### **Cancer Information Service**

(Smoking Quitline of the National Cancer Institute)

1-877-44U-QUIT (1-877-448-7848) / 1-800-332-8615 (TTY)  
[www.cancer.gov](http://www.cancer.gov)

Services: The Cancer Information Service (CIS) can help a person quit smoking, chewing tobacco and snuff with one-on-one assistance from a specially trained information specialist. The CIS can help you: learn how quitting will improve your health; understand why you smoke; discover different ways to quit; develop an action plan and stick to it; know what to expect when you quit; and deal with temporary setbacks. The service is confidential, and there is

no set number of times a person can call back. CIS information specialists answer calls in English and Spanish. They take as much time as each caller needs, and provide thorough and personalized attention.

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### **ChewFree.com**

[www.chewfree.com](http://www.chewfree.com)

Services: A free, smokeless tobacco quitting program on the Internet. ChewFree.com addresses the special difficulties faced by spit tobacco users. Participants have access to a website containing information and quitting resources. This program is part of a research project conducted by the Oregon Research Institute.

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### **Great Start Quitline**

1-866-66-START (1-866-667-8278)

[www.americanlegacy.org/greatstart](http://www.americanlegacy.org/greatstart)

Services: The Great Start Quitline offers free, one-on-one cessation counseling in English and Spanish for pregnant smokers, 24 hours a day. Callers can also request additional free quit smoking materials.

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### **Join Together/QuitNet**

[www.quitnet.com](http://www.quitnet.com)

Services: The QuitNet offers smokers an online support community, access to highly trained counselors, and individually tailored advice to help them kick their nicotine addiction. Users must register and create a password for free or fee-based services.

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### **Smokefree.gov**

[www.smokefree.gov](http://www.smokefree.gov)

Services: Smokefree.gov helps you or someone you care about quit smoking. Smokefree.gov allows you to choose the help that

best fits your needs. You can get immediate assistance in the form of: an online, step-by-step cessation guide; telephone quitlines; instant messaging service; and publications, which may be downloaded, printed, or ordered.

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## **Spit Tobacco: A Guide for Quitting**

[www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/SpitTobacco/QuittingGuide/](http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/SpitTobacco/QuittingGuide/)

**Services:** This guide is intended to help people make their own plan for quitting. A lot of the advice on quitting comes from former dippers. Throughout the guide, the term spit tobacco is used instead of smokeless tobacco. Smokeless tobacco is the tobacco industry's wording to make their products sound safe, when they aren't.

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### **Effects of quitting after:**

**20 minutes:** Blood pressure drops to a level close to that before you had your last cigarette. The temperature of your hands and feet increases to normal.

**24 hours:** Your chance of a heart attack decreases.

**1 to 9 months:** Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

**1 year:** Your chance of having a heart attack is cut in half.

**10 years:** Your risk of dying from lung cancer is about half that of a continuing smoker's; risks of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.

**15 years:** Your risk of coronary heart disease is that of a nonsmoker's.

# Be a Quitter!

Free Call.  
Free Quit Coach.  
Free Quit Plan.

**1-800-QUIT-NOW**



We can help you draw the line.

(1-800-784-8669) [www.1800quitnow.org](http://www.1800quitnow.org)



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