

# THE UROLOGY GROUP

www.urologygroupvirginia.com

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## HOW CAN I QUIT SMOKING?

Congratulations on considering quitting smoking! This is one of the best things you can do for your health. In terms of your urologic health, quitting smoking lowers your risk of kidney cancer, bladder cancer, bladder irritation, urinary frequency and urgency and pelvic organ prolapse. There are also a number of benefits for your heart, lungs and your overall health. Below are some resources that can help.

### Your Primary Care Provider

Let your primary care provider know you are interested in quitting smoking. Some find medications like Zyban (also known as Wellbutrin or bupropion) or Chantix helpful. Nicotine patches or supplements are other medications some people use to help quit.

### Associations

American Lung Association [www.lung.org](http://www.lung.org). 1-800-LUNG USA (1-800-586-4872)

National Cancer Institute  
[smokefree.gov](http://smokefree.gov). | [women.smokefree.gov](http://women.smokefree.gov) | [teen.smokefree.gov](http://teen.smokefree.gov) | [espanol.smokefree.gov](http://espanol.smokefree.gov)

Tobacco Information and Prevention Source (TIPS), Centers for Disease Control and Prevention  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

### Support Groups

Go to [www.Addicted.com](http://www.Addicted.com) and enter your zip code to find a support group nearby.  
(877) 233-4283

### Call a Quit Coach

Speak to a trained specialist by calling the Quit Now Virginia quitline. It's free and you can call as often as you like: 1-800-QUIT NOW (1-800-784-8669)

### Acupuncture

Dr. Felix Ma is a Family Medicine physician at the Integrative Family Medicine Center  
116 Edwards Ferry Road NE #Q Leesburg, Virginia 20176  
(703) 669-6118. [www.integrativefamily.com](http://www.integrativefamily.com)

### Hypnotherapy

Vanessa Lindgren at the Integrative Family Medicine Center  
116 Edwards Ferry Road NE #Q Leesburg, Virginia 20176.  
(540) 454-0213. [www.modernhypnosisworks.com](http://www.modernhypnosisworks.com).  
[hypnosisdrvanessa@gmail.com](mailto:hypnosisdrvanessa@gmail.com)

Connie Hambrock of Hambrock Holistic Healing  
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