



Week of Aug. 20 – Aug. 26, 2008

## Help is available to quit tobacco

Airmen who make the decision to stop using tobacco products have one more resource at their fingertips to help them curb the habit. Quit Tobacco -- Make Everyone Proud, an educational campaign for the U.S. military sponsored by the Department of Defense, has a website at <http://www.ucanquit2.org>. The mission is to help U.S. service members quit tobacco for themselves and the people they care about.

If you're a smoker, you've probably been bombarded with statistics before. Among the most important, courtesy of the American Lung Association:

- More than 430,000 Americans die every year from smoking-related diseases
- More American women die annually from lung cancer than from breast cancer
- In addition to cancer and heart diseases, smoking can also cause infertility, slow wound healing and create stomach ulcers

There are several reasons and methods for you to stop using tobacco. At this web site you can decide how you will quit, calculate how much you spend on tobacco per year, identify your tobacco use triggers and get the support you need to complete your process of quitting the use of tobacco. Once you complete all of the four easy steps below on the Quit Tobacco—Make Everyone Proud website, you will have the option of printing your quit plan and saving your results.

Step 1: Select your reason for quitting and decide how you will quit. Step 2: Tips for picking a quit date and add up the cash. Step 3: Figure out what leads you to use tobacco. Step 4: Rally the support of your unit, friends and family.

By creating an account on the site, you will be able to save your results, calculate your total up to date savings, maintain an online journal and create a buddy list that will provide extra support for you in achieving your goal.

Find Airman's Roll Call Online Here: <http://www.af.mil/library/viewpoints/>

*Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.*