

On Guam

- **Department of Mental Health and Substance Abuse/Prevention & Training**
Mr. Peter Cruz, Tobacco Cessation Facilitator
(671) 477-9079/8861
- **Department of Public Health and Social Services**
Health Education Section
Educational print & video materials
(671) 735-7289
- **Guam Memorial Hospital**
Ms. Renee Veksler
(671) 647-2350
- **Health Status Improvement US Naval Hospital Guam**
Cessation Program for military personnel and dependents
(671) 344-9124/9340
- **Health Partners, L.L.C.**
Dr. Joel Marc C. Rubio
(671) 646-5227-28
(For medical supervision of cessation pharmacologic treatment)
- **SDA Wellness Center**
Comprehensive healthy lifestyle program
(671) 647-7521 to 24
- **Sanctuary, Inc.**
Cessation program for youth
(671) 475-7102
- **Takecare Stop Smoking**
Smoking Cessation Class
(671) 647-3526
- **University of Guam Student Health Center**
Cessation Program for UOG Staff and Students
Ms. Gloria Balajadia
(671) 735-2225

Quit Lines

- **American Cancer Society Quit Line**
1-800-ACS-2345 (1-800-227-2345)
- **Department of Public Health & Social Services**
1-800-QUIT-NOW (1-800-784-8669)
- **Free & Clear Stop Smoking Program**
1-800-292-2336 M-F, 1-10am Guam time
- **National Cancer Institute Quit Line**
1-877-44U-QUIT (1-877-448-7848)

Online Resources

- **American Cancer Society**
www.cancer.org
- **Department of Mental Health & Substance Abuse Tobacco Control Program**
www.healthychoicesguam.org
- **Free & Clear Stop Smoking Program**
www.freeclear.com
- **Freedom From Smoking**
www.lungusa.org/ffs/
- **PEACE Office**
www.peaceguam.org
- **Quitnet**
www.quitnet.com
- **Smokeyfree**
www.smokeyfree.gov

For Information and Assistance with Quitting:
Department of Mental Health and Substance Abuse
PEACE/Prevention and Training Branch
790 Gov. Carlos G. Camacho Road, Tamuning, Guam 96913
Tel: 477-9079 thru 9083, Fax: (671) 477-9076

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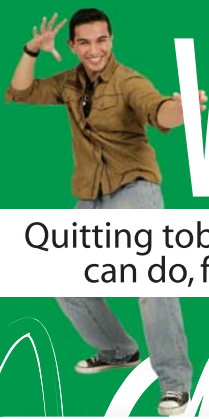
CHOOSE TO QUIT SMOKING TODAY!



department of
**MENTAL HEALTH &
SUBSTANCE ABUSE**



PEACE



WHY QUIT?

Quitting tobacco is one of the best things you can do, for yourself, and for your family.

For Yourself:

*Better Health.

Live longer and reduce your risk of heart disease, cancer, stroke, emphysema, etc.

*Increase Stamina.

Exercise longer and improve your endurance.

*Improved Looks.

Stopping smoking helps your skin stay healthy and young-looking.

*More Money.

The money you save could boost your savings.

*Better Sex.

Tobacco use is a significant cause of impotence.



Once You've Decided:

*Set a quit date, and stick to it.

Choose a date, mark your calendar, and prepare to be smoke-free

*Tell friends and family about your decision to quit smoking.

Quitting isn't easy. You'll need the support of your friends and family to succeed. Ask smokers not to offer you cigarettes or light up in your presence.

*Throw away all your cigarettes, lighters, matches and ashtrays.

Reduce the temptation to light up by getting rid of all cigarette and smoking paraphernalia.

*Plan your quit strategies.

The urge to smoke is powerful. Prepare in advance to deal with this. Plan your strategies to counter the craving for a cigarette.

*Get help.

Talk to your doctor about quitting, and about medications that can double your chances of success. Check out the resources we have listed for you.

*Reward Yourself.

Plan a system of rewards for each milestone you reach with a cigarette.

*Keep on track.

It's difficult, but it **CAN** be done.



For Your Family:

*Protect them from secondhand smoke.

Your partner and kids could be at risk for lung cancer asthma and heart disease because of your smoke.

*Set the Example.

Keep your kids tobacco-free by being their positive role model.



The Benefits of Quitting:

20 mins after quitting:

Blood pressure decreases, pulse rate drops

8 hours after quitting:

Oxygen level in blood returns to normal

24 hours after quitting:

Chance of heart attack decreases

48 hours after quitting:

Ability to smell and taste improves

1 year after quitting:

Risk for heart attack is half that of a smoker