

# Helping Resources



## Ask for Help

If you are unable to quit on your own, consider getting professional assistance. Speak with your doctor/dentist about the best ways for you to quit. Consider the possibility of using Nicotine Replacement Therapy (patch or gum) to help ease the effects of withdrawal. The patch and gum are available at local drugstores.



***We are Tobacco Free!***

There are classes to help smokers & chewers kick the tobacco habit! Contact your local organization and participate in one of their group programs.

- American Cancer Society
- American Lung Association
- American Heart Association

# Hotlines



American Cancer Society 800-227-2345

American Lung Association 800-586-4872

National Cancer Institute 800-422-6237

**Each state has set up a Quitting Helpline for residents. Check with your local Health Department for information.**

## Web Quitting Resources



ACS - [www.cancer.org](http://www.cancer.org)

ALA - [www.lungusa.org](http://www.lungusa.org)

Clearing The Air - [http://dceps.nci.nih.gov/terb/Clearing\\_the\\_Air/clearing.htm](http://dceps.nci.nih.gov/terb/Clearing_the_Air/clearing.htm)

NEHC - <http://www-nehc.med.navy.mil/hp/tobacco>

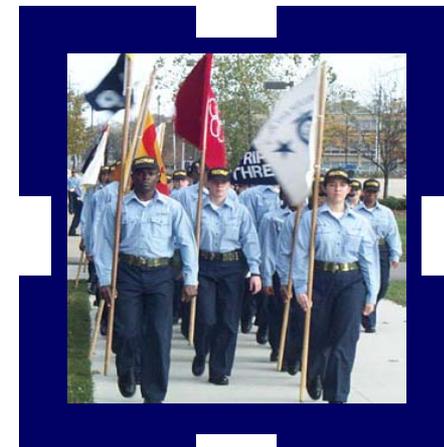
Try To Stop - <http://trytostop.org>

You Can Quit Smoking - [www.surgeongeneral.gov/tobacco/consquits.htm](http://www.surgeongeneral.gov/tobacco/consquits.htm)

***You Can Do It!***



# How To Succeed During Recruit Training



***Let The Journey Begin!***



**Congratulations on your decision to join the Navy!**

You have an opportunity to grow and flourish personally and professionally as a Sailor! The Navy wants you to be physically and psychologically fit and ready for all the challenges of sea service!

To achieve super fitness, Recruit Training is a Tobacco Free Environment. No smoking, dipping, tobacco products, matches or lighters are permitted.

Tobacco use has been shown to negatively affect a sailor's physical fitness by causing:

- Increased Injuries
- Decreased Safety
- Harm to oral & physical health
- Increased Illness



## *What Can I Do if I Smoke or Dip?*

### **QUIT NOW!**

#### Find Reasons To Quit

Think of all the positive reasons you have for quitting.

- For Your Health! 
- To Save Money!  
(think of all the  you'll have!)
- To Improve Your Appearance!
- To Show Your Independence!

#### Commit To Quit

Prepare yourself for quitting! Make a decision to quit. Select a day, within the next week or two to kick the habit!



#### Obtain Support

Ask your friends and family to support your quitting efforts! Quit with a buddy and friends!



There are many ways to kick the Nicotine Addiction!

#### Go Cold Turkey

Pick a date and quit all tobacco! Most people quit with this approach. Discomfort is often experienced for a few days. Drink lots of water/juice, chew sugarless gum and remember to remain focused on the reasons you are quitting.

#### Taper Approach

Reduce your tobacco use until you quit. If, for instance, you smoke 25 cigarettes daily, reduce to 20, then cut down to 15. Taper to 10 daily, then QUIT!

