



# Tobacco Cessation Program

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## The Smoke Out is Coming!

Thursday November 20, 2003 is the scheduled day for the annual Great American Smoke Out! Millions of Americans have quit smoking for the day and for good during this event! The American Cancer Society, the Navy and the Department of Defense are again working to hold this national awareness activity to promote and challenge everyone to quit using tobacco! The GASO offers an opportunity and an invitation to quit using tobacco, not only for the day but also for good! Historically more people quit smoking on this day than on any day of the year. Tobacco use has taken the lives of more Americans than any war! The GASO also offers the opportunity to prevent the onset of tobacco use in youth and in young adults, and to reaffirm the message of a Tobacco free military! What are your base and command plans for the Smoke Out Day?

For additional information on the Smoke Out

\* American Cancer Society  
[http://www.cancer.org/docroot/ped/ped\\_10\\_4.asp?sitearea=ped](http://www.cancer.org/docroot/ped/ped_10_4.asp?sitearea=ped)

\* Ideas for Navy/Marine Corps GASO [http://nehc.med.navy.mil/downloads/hp/GASO\\_2001.pdf](http://nehc.med.navy.mil/downloads/hp/GASO_2001.pdf)



<http://www-nehc.med.navy.mil/downloads/hp/2000Navy.pdf>  
<http://www-nehc.med.navy.mil/downloads/hp/smkout.pdf>

## Gutka

Gutka is a form of smokeless tobacco that is very popular in Asia, the Indian subcontinent and among Indian immigrant groups in the United States. It is a combination of tobacco and an areca nut, is dried and sweetened like candy with numerous chemicals. Most, who use it, place it in the cheek and savor it, and do not consider it to be addictive or a tobacco product. Oral cancers have soared from gutka dependence and usage.



## Resources

\* Smokeless NOT Harmless- This short video was developed for the International Conference on Smokeless Tobacco.



To order from CDC contact [http://www.cdc.gov/tobacco/educational\\_materials/smokeless\\_NOT\\_harmless.htm](http://www.cdc.gov/tobacco/educational_materials/smokeless_NOT_harmless.htm)

\* A website of helpful tobacco ads and marketing

<http://roswell.tobaccodocuments.org/>

\* News Article from the Virginia Pilot on the Navy Tobacco Programs <http://epilot.hamptonroads.com/respiratory/ml.asp?Issue=VirginianPilot/2003/07/05&IDAr1100&mode=gif>

## Helping Pregnant Smokers Quit

Does your command have a plan to address smoking among pregnant woman? Several good and recommended programs are available for use!

*Fresh Start Family* is a program developed for the American Cancer Society. Pregnets offers information for Providers, the Health Care Team and Moms to be! <http://www.pregnets.org/help/print.cfm>



## Ideas?

Have a question? Idea for an article? Something to contribute to the newsletter? Please contact Mark Long at [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil)