

Kick Butts Day

Every Year on March 31st



DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE
PROMOTING CARING COMMUNITIES FOR OUR ISLAND'S HEALTHY FUTURE

Thinking of Quitting?

Why Quit?

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

For Yourself:

- **Better health**
Live a healthier life by reducing your risk of heart disease, cancer, stroke, emphysema, etc.
- **Increased stamina**
Improve your endurance, and exercise with ease.
- **Improved looks**
Stopping smoking helps the skin stay healthy and young-looking.
- **More money**
The money you don't spend on tobacco could boost your savings.
- **Better sex**
Tobacco use is a significant cause of impotence.

Did you know that 20% (1 in 5) of adult smokers and over 80% of youth smokers on Guam want to quit?
(2003 BRFSS, 2005 YRBS)

It's not easy, and it may take you several attempts to succeed.

But you can do it.

QUITTERS ARE WINNERS!

For Your Family:

- **Protect them from second hand 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.

Why is quitting so difficult?

The nicotine in cigarettes is powerfully addictive. Smoking is also a large part of many people's lives. Unfortunately, it can, and does, harm your health. And it kills.

Where to get help:

On Guam

Department of Mental Health and Substance Abuse

Mr. Peter Cruz, Cessation Facilitator
(671) 477-9079/8861

Department of Public Health and Social Services, Tobacco-Free Guam Program

Educational Print & video materials
(671) 735-7289

Health Status Improvement U.S. Naval Hospital Guam

344-9124/344-9340 (trunk line)
(For Military Personnel and their Dependents)

SDA Wellness Center

647-7521 to 24
(Comprehensive healthy lifestyle program)

University of Guam Student Health Center

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)

National Cancer Institute Quit line

1-877-44U-QUIT (1-877-448-7848)

Online Resources

American Cancer Society

www.cancer.org

Dept. of Mental Health & Substance Abuse

www.healthychoicesguam.org

www.peaceguam.org

www.dmhsa.guam.gov

Freedom From Smoking

www.lungusa.org/ffs/

Quitnet

www.quitnet.com

Smokefree.gov

www.smokefree.gov

