

Tobacco Cessation Program



It is estimated that 70% of tobacco users want to quit. Our mission in the Tobacco Cessation Program is to provide individuals with the necessary tools to help them achieve their goal. We encourage you to take that initial step today by calling our office at: 256-955-8888 ext 1440.



"Inspiring those who serve our nation and their families, past and present, to live a lifetime of wellness." —



The Tobacco Cessation Program is available to Active Duty, Active Duty family members, TRICARE Prime/Non-Prime recipients, and current Redstone Arsenal DoD/DA civilians

Tobacco Cessation Program

Fox Army Health Center
Preventive Medicine Department
Wellness Center
4100 Goss Road
Redstone Arsenal, AL 35809
256-955-8888 ext 1440

www.redstone.amedd.army.mil/wellness.asp

Tobacco Cessation Program

FOX ARMY HEALTH CENTER



Are You Ready To Quit Using Tobacco Products?

Tobacco Cessation Program

Tobacco use continues to be the leading cause of preventable disease and death in the United States, resulting in approximately 440,000 deaths annually. Tobacco use harms nearly every organ in the body and can cause chronic lung disease, coronary heart disease and stroke, as well as cancer of the lungs, larynx, esophagus, mouth, bladder, cervix, pancreas, and kidneys.

Fox Army Health Center is committed to assist our beneficiaries who want to stop using tobacco products. We offer a five-week program that incorporates motivation, behavior modification, peer support, and medication into each session.

Each class is held in the Wellness Center classroom.



Program Content

5 Weekly classes, Tuesdays 1130-1230 that target stages in the cessation process:

- Determining Your Commitment
- Symptoms of Recovery
- Stress Mastery
- Relapse Prevention
- Staying Quit/Coping Strategies

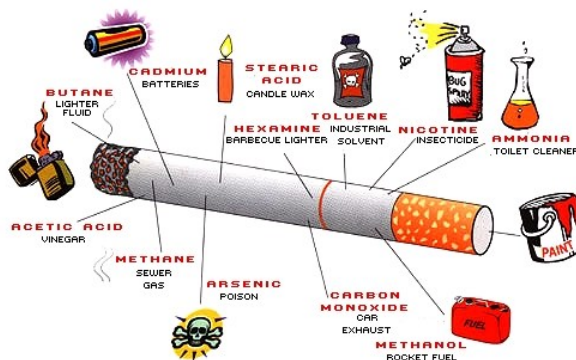
Pre-program health assessment performed by a Family Nurse Practitioner to evaluate tobacco cessation medication appropriateness

Class facilitation led by a certified counselor and/or registered nurse

Blood pressure evaluation performed at each session

Free tobacco cessation medication

3 follow-up visits to enhance quit success rate



[HTTP://TUBEROOSE.COM/CIGARETTE_SHOKING.HTML](http://tuberoose.com/cigarette_shocking.html)

Advantages of Quitting

Blood pressure improves

Slower heart rate

Better skin tone (fewer wrinkles)

Risk factor reduction of tobacco-related diseases (lung cancer, emphysema, chronic obstructive pulmonary disease and stroke)

Higher energy level

Improved circulation

Monetary savings

Improved respiratory function

Better dental hygiene

Fewer air pollutants for family and friends

Fresher (smoke free) smell in home and automobile

