

We are seeking MN National Guard members to participate in a research program for veterans who are interested in quitting tobacco use.

To qualify you must:

- Currently use tobacco
- Have served in Iraq or Afghanistan with the MN National Guard

Dr. Rachel Widome & Dr. Steven Fu, Lead Smoking Cessation Physician for the Mpls VA are the investigators for this research project.

Participation will involve 8 weekly hour-long counseling sessions that will be held at your armory or over the phone.

Participation is free and participants who are interested in using nicotine replacement therapy (such as the gum, patch, or lozenge) can be provided.

This research program is designed for military members, we will focus on:

- Peer support
- Withdrawal
- Proper medication use
- Challenging situations
- Slips and relapses
- Self-efficacy and motivation
- Health
- Support
- Self-Image
- Staying tobacco free for life

To set up appointment please contact:

Bernadette Chlebeck, Research Program
Coordinator
Association for Nonsmokers-MN
651-646-3005 or bc@ansrmn.org

Additional Resources

QUITPLAN Services:

1-888-354-PLAN or www.quitplan.com

US Army National Guard, My Hooah for health:

www.hooah4health.com/4you/tobacco02.htm

CDC Resources on quitting tobacco:

www.cdc.gov/tobacco/how2quit.htm

There is Help Out There!



For more information or to sign up please contact:

Bernadette Chlebeck
Research Program Coordinator
Association for Nonsmokers-MN

651-646-3005 or
bc@ansrmn.org

Become Tobacco Free!

For the mission
For the family
For yourself



VIA-ChamP

Veterans of
Iraq & Afghanistan
Champion Research
Program

Are you compromising the mission?

If soldiers use tobacco products on the battlefield, they could place themselves and their units at risk. Any form of tobacco use in a war zone adds hazards to an already dangerous environment.



Tobacco use results in:

- A decrease in:
 - Night vision
 - Ability to deal with stress
 - Fine motor coordination
 - Stamina
 - Mental acuity
 - Lung capacity
 - Wound healing
- An increase in:
 - Need for water
 - Injuries
 - Sick call visits
 - Cold weather injuries
 - Chance of developing PTSD

(Source:DoD)

Concealing yourself and your fellow soldiers

- A lit cigarette makes you a target. You may be able to hide the cigarette, but you can't hide the smell of smoke. The smell of cigarette smoke can travel a very long way and is easy to track.
- "Dip spit" leaves a trail that can easily compromise troop locations.

Benefits of being Tobacco free

- Breathe more easily
- Enjoy improved overall health for you and your family
- Raise healthier babies and children
- Feel better about yourself
- Stop worrying about exposing others to tobacco smoke
- Enjoy the taste of food more
- Enjoy improved sense of smell
- Boost stamina
- Increase PT score

Become a Leader

Soldiers at higher ranks are less prone to use tobacco than lower enlisted soldiers. The leaders of today care about their health for tomorrow.

Shouldn't you?



Are you compromising your family?



Childhood illnesses & secondhand smoke:

- Sudden Infant Death Syndrome (SIDS)
- Bronchitis
- Pneumonia
- Asthma attacks
- Ear infections
- Irritation of the eye, nose, and throat
- Respiratory symptoms, such as cough, phlegm, wheezing, and breathlessness
- Can cause heart disease, cancer and respiratory diseases in adulthood

(Source: U.S. Centers for Disease Control and Prevention)

Be a healthy role model for your family!

