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*Captain's Call*

## National Naval Medical Center Ignites Smoking Cessation Program

The National Naval Medical Center (NNMC) in Bethesda, Md., initiated a tobacco cessation program with classes available once a month to help Sailors and staff members kick the cigarette habit.

The Bethesda program offers personalized counseling and is available to anyone who receives care at NNMC. The classes provide support to help tobacco users cope with withdrawal and other obstacles associated with quitting tobacco.

According to a public affairs representative for the Defense Department's Health Affairs Office, the Pentagon spent an estimated \$1.6 billion in 2006 to cover medical costs and loss of productivity due to tobacco-related illnesses. The Defense Department spent another \$3.9 million for smoking cessation programs, including the Defense Department's new smoking cessation hotline at (888) 742-0742.

The Centers for Disease Control and Prevention claims tobacco products are the leading cause of preventable death and illness. Cigarette smoking causes an average of 438,000 deaths each year.

For more information on how to quit using tobacco products visit [http://www-nehc.med.navy.mil/hp/tobacco/Tobacco\\_quit\\_now.htm](http://www-nehc.med.navy.mil/hp/tobacco/Tobacco_quit_now.htm).

