

Ranin Ninni Supwa

Iteitan ler Lon March 31



DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE  
AFEFITAN TUMUNUN LENIACH FAN ITAN MANAWACH REN LESOR ME PALELÖN

# Ekiekin Aukatiw?

## Pwota Sipwe Ukutiw?

*Aukatiw supwa eu metoch mi eoch omw kopwe fori fan itan pusin inisumw me pusin omw famili.*

### Fan Itomw:

- **Eochun manuan inisumw**  
Eochun inisumw ren akukunatiwen ekewe semwenin ngasangas, cancer, stroke, emphysema, me pwal ekoch sakun samau.
- **Awatela omw tongeni engilö**  
Aeochuelö omw tongeni engilö, me ameheresi omw mwokututut fetal.
- **Aeochuela likilikumw**  
Omw aukatiw supwa mei aeochuela silum an epwe likilikoch me pwal ate-eoch sefal.
- **Epwe wor noumw moni**  
Moni kese mon ngeni supwa ka tongeni isois.
- **Leiflomw me puluomw esapw ngau**  
Supwa mei angawala lefilen pupulu.

En mei silei nge 20% (1 lon 5) ekewe mei mukola mi ukun supwa me lap seni 80% ekewe serafo chon ukun supwa won Guam ra mwochen ukutiw?  
(2003 BRFSS, 2005 YRBS)

Ese men mecheres, iwa kopwe pekus le sotuni an epwe pwonueta.

**Nge en mei fokun tongeni.  
CHON UKUTIW IR CHON WIN!**

### Fan Itan Omw Famili:

- **Ka epetir seni ötuötun supwa.**  
Chiechiomw me noumw ra tongeni angei sakopatin semwen ren ötuötun supwa.
- **For lenien epirü.**  
Tumunu noumw seni supwa ren omw pwar ngenir lenien epirü mi eöch.

## Pwota mei weires ach ututiw?

*Ewe nicotine lon supwa a fokun pichokul opuchopuchan. Unumi supwa a pwal fis nge kinikininin lon manawan chomong aramas. Nge osupwangan a tongeni ika a fen aosupwangala nonomun manuan aramas. Iwa a pwal ninni aramas.*

## Alilis ka tongeni angei seni:

### 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

(671) 344-9124/344-9340 (trunk line)  
(For Military Personnel and their Dependents)

#### SDA Wellness Center

(671) 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](http://www.cancer.org)

#### Dept. of Mental Health & Substance Abuse

[www.healthychoicesguam.org](http://www.healthychoicesguam.org)

[www.peaceguam.org](http://www.peaceguam.org)

[www.dmhhsa.guam.gov](http://www.dmhhsa.guam.gov)

#### Freedom From Smoking

[www.lungusa.org/ffs/](http://www.lungusa.org/ffs/)

#### Quitnet

[www.quitnet.com](http://www.quitnet.com)

#### Smokefree.gov

[www.smokefree.gov](http://www.smokefree.gov)



